

Doheny Happenings

Upcoming Events for the Traditional A.A. Student

Mount St. Mary's College, Doheny Campus

Volume 43, Issue 1

August 26, 2013



WELCOMING MESSAGES:

A Message from the Associate Program Dean

Goal Set, Goal Met!

As Dean of the Associate Programs, I want to welcome you (or welcome you back) to the Doheny campus. The beginning of a school year is always exciting, meeting new friends or reconnecting with old ones; experiencing new instructors and challenging courses.

As you begin your first or second year in college, have you thought about setting one or two academic goals for yourself this semester? Think about what might be keeping you from taking full advantage of your courses. You could promise yourself to finish writing each paper two days before it is due, so that you have time to edit it or that you will do ALL of the reading each week for each class.

Be sure also to promise yourself a reward for completing the goal. Don't make it food – too often we eat to celebrate. If you have kept that resolution for all of September, celebrate by going to the movies with a friend or spending the day with your sister, or whatever you love but never have time for. Each month reward yourself with something that makes you happy. By December, you will hopefully be able to reward yourself with good grades in your courses and having completed your goal. Then you can say “**Goal Set, Goal Met!**”

Dr. Pat Disterhoft

A Message from the Assistant Dean



Welcome to all new and returning students.

As Assistant Dean, I look forward to interacting with you this year. This is a turning point in your life as you maneuver through this college journey. Let me assure you as the Assistant Dean, I will be available to motivate and encourage you on your path to academic success. You are embarking on a time in your life where you will grow intellectually by leaps and bounds. In order to do this, you must study, manage your time effectively and ask questions because the best is yet to come.

I look forward to meeting with you; please feel free to contact me at any time. My office is located in Building 2, first floor. Remember, I am here to assist you in succeeding at Mount St. Mary's College.

Good luck and have a great academic year.

Jeanette Stone

ATTENTION ALL **ASSOCIATE IN ARTS FRESHMEN**

SPR 85 – Introduction to College Studies
Tuesday, August 27th - 1 p.m. – 2 p.m.
Please meet in the Rose Hills Auditorium.

STUDENT INVOLVEMENT FAIR **THURSDAY, AUG. 29, 12–2** **AHMANSON COMMONS**

Come and stroll through the tables learning all about clubs and activities and departments. Get freebies!

Reconnect with your O-Group and O-Leader over a slice of pizza while enjoying the fair. 1–2pm

Look for the Campus Ministry **Cookie Truck** and enjoy dessert.

The **Early Childhood Education Club** would like to welcome all of the new students to the Mount, and encourage you to join our club! We will plan many fun activities and fundraisers this year. All majors are welcomed, come visit our table at the Student Involvement Fair and get involved.

The Bursar's Office Corner

The last day to drop with a 100% tuition reimbursement is September 3. Fees are non-refundable after the first day of school.

Services at the Bursar's Office (Student Services Building)

- Print a Statement of Account
- Assist students in clearing balances on account
- Disbursement of student employment payroll check
- Issue parking permit passes
- Assist students with their CASHNet account and/or provide access with your pin.

Students need to be sure their account balances are cleared every semester by the Financial Clearance Deadlines. Financial Clearance of Tuition Balance on Account means:

- A. Enrollment in Monthly Payment Plan (MPP) on CASHNet
- B. Financial Aid Awards Accepted/Applied to your account
- C. Or Payment of Balance in Full
- D. Submit Health Insurance Waivers if you have health coverage.

CASHNet is our on-line billing system where students and parents may access the student's tuition account online and view eStatements, make payments, enroll in My Payment Plan, and retrieve a copy of a student's e1098. If you have not received your CASHNet pin, please stop by the Business Office or call us at Doheny 213-477-2540.

FROM THE
REGISTRAR'S
OFFICE:



MONDAY,
SEPTEMBER 2, LABOR DAY
THE COLLEGE IS CLOSED

DEADLINES
TUESDAY, SEPTEMBER 3

LAST DAY TO ADD/DROP A CLASS

**LAST DAY TO CONFIRM ENROLL-
MENT ON WEBADVISOR**



ATTENTION:
SECOND YEAR STUDENTS

If you plan to graduate
(get your AA degree)

in May 2014 or Summer 2014 you must
fill out a graduation application
at the Registrar's Office. A late fee of \$105 will be applied
for ANY applications submitted after Tuesday, Sept. 3.
You must apply to graduate; you will not be considered a
2014 prospective graduate unless you file a graduation
application.

Questions or concerns? 213-477-2520 or registrar
@msmc.la.edu



Doheny Fitness Center
MOUNT MILES!

Earn a strong heart
....one Mount mile at a time.

- ◇ Only one card per person.
- ◇ The program is open to all students, staff and faculty
- ◇ Only one stamp per visit per day allowed.
- ◇ Each workout must be a cardio or strength training workout and last at least 45 minutes.
- ◇ If a participant works out for five straight days, they earn a free day.
- ◇ No transferring of cards to another individual.
- ◇ No back tracking will be allowed if a participant has forgotten to get their card stamped.
- ◇ Fitness Center staff may not participate in this program; however, staff will be rewarded for signing up new members and for those that qualify for prizes at the end.



Congratulations Dean's List for Spring 2013

3.5—4.0

Isabella Acosta
Ivette Aleman
Ebenezer J. Alvarado
Jazmine L. Alvarez
Erika Amaral
Wendy C. Araujo
Ramonna S. Batac
Shonna A. Cabrera
Erica A. Caro
Mariajose Castellanos
Lynnette Chavez
Kristen L. Cole
Christina M. Craig
Daisy De Haro
Blanca G. Delgado
Alexis P. Domingo
Cintya Y. Escamilla
Carolina Garcia
Brenda Hernandez
Andrea Hernandez

Diana Hernandez
Alejandra Hernandez
Rebecca Hinojosa
Vanessa Iniguez
Mariah Jimenez
Jordan Leach
Marie H. Levy-Potter
Sarah A. Litzinger
Leslie C. Lopez
Jerica Mae Felipe Luce
Keisha N. Manning
Tanya Mardirossian
Jade Marie Marquez
Alicia Marquez
Ashley Martinez
Bridget Martinez
Stephanie M. Martinez
Yvonne Montano
Jeanine A. Monterroza
Nancy I. Morales

Harmoni Morales
Erica Mosley
Paige Navarro
Michelle Olivares
Elisa Oronico
Amanda Oyague
Yajahira Pena
Andrea Pizano
Sadie Quinonez
Mitzy Ramirez
Jazmine Reyes
Lydia Rivera
Maritza Sanchez
Jacqueline Sandoval

Jasmine Scales
Jennifer Schlerf
Sandra Segura
Lizbeth Sierra
Lauren Solis-Najera
Hannah Spigelman
Carina Tetsch
Marilyn Trajano
Brigitt Trujillo
Crystal Valencia
Khanha Vong
Tatiana Yanik

Save the Date:

Honor Roll/Dean's List Reception
Thursday, September 19, at 1:00

Plan to come and be recognized as scholars!

Student Work Study



The Child Development Center (Bldg. 17) is hiring responsible MSMC students (all majors) who are interested in working with young children. If you have work study, and you enjoy interacting with young children, or want to do some volunteer hours, the Child Development Center is your place. No experience necessary.

For more information, please contact Wendy Galan,

Come learn about your
Doheny academic honor society,
Phi Theta Kappa!

Eligible members must have at least a 3.5 GPA to join, so plan your scholarly success early on. We will be meeting on Thursday, September 5th, from 1-2PM in Building 4, Room 114. For information, contact Lynnette Chavez (lynnchav@mymismc.la.edu) or Elizabeth Sturgeon esturgeon@msmc.la.edu.



From

the Advisement Office

Student Services Bldg, rm 211
213-477-2577

Advisement FAQs

Q: How do I get credit for courses I took over the summer?

A: Fill out a Transfer of Credit Clearance form (found in our office or on our portal) and turn it in to the Advisement department. Once it is approved, request official transcripts be mailed directly to MSMC Registrar's office in order to be awarded units.

Q: How do I know who my advisor is?

A: Login to Webadvisor. Click "User Accounts", "My profile" to view your advisor's name.

ATTENTION: PRE/HEALTH NURSING STUDENTS

Mandatory Orientation
Tuesday, August 27th
4:00-6:00pm
Rose Hills Auditorium

*All Pre-Health Nursing students are expected to attend.
Please contact 213.477.2577 for any questions.*

Notice: Academic Advisement will be available for drop-ins the first week of school, 8/26-8/30, to answer any questions. Please feel free to stop by!

ISAE/Student Support Services (TRIO)

What is ISAE?

Institute for Student Academic Enrichment (ISAE) is a *Student Support Services* program at Mount St. Mary's College, funded by the U.S. Department of Education (TRIO programs). The program identifies eligible college students and provides support services at no charge.

ISAE Services:

- Create your 4 Year Academic Plan
- Career & Graduate School Planning
- Life Skills Planning
- Peer Mentor Program
- Laptop & Equipment Loan Program
- Financial Literacy
- Cultural Enrichment Opportunities (Opera, Broadway Musicals, Museums, Leadership Conference)

Eligibility

Students must be U.S. citizens or permanent residents and have academic need. In addition, students must meet one or a combination of the following criteria:

- First generation college student (parents do not have bachelor's degrees)
- Low income student (as established by the U.S. Bureau of Census)
- Learning or physically disabled student

Program Applications

Available in the ISAE Office. Space is VERY LIMITED. Applicants will receive application status notification via their Mount e-mail account.

Doheny ISAE Staff Team

Veronica Martinez (mvmartinez@msmc.la.edu)

Virginia Cons (vcons@msmc.la.edu)

Doheny ISAE office in Bldg. 7, 1st Floor Back Offices - (213) 477-2663



**Hydrate!
Conserve!
Be Smart!**

New water stations on campus for you to fill your water bottles. Stay hydrated during these summer days.

RESIDENCE LIFE UPDATES

First Floor Meeting (Mandatory)

Monday, August 26, 2013, 9:30pm

On your own floor

Meet your RA, neighbors and learn about important and exciting news in the residence halls!

See you there!

Global Athenian Café

Friday, August 30, 4:30—5:30

Ahmanson Commons (Cafeteria)

Residents and Commuters are welcome.

Please bring your Student ID.



Movie Night

Sunday, September 1, 7:00

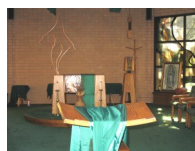
Hannon First Floor Lounge

Program is only for residents.

Please bring your MSMC ID.



THIS WEEK WITH CAMPUS MINISTRY



MASS of WELCOME

**Wednesday, Aug. 28, 4:45pm in
Mercy Chapel**

COOKIES

Monday, Aug. 26, 2pm in House 7

CANDLELIGHT and COOKIES Prayer

Tuesday, Aug. 27, 8:30pm in Mercy Chapel

Sunday Mass at Chalon

September 1, 7:00 pm

Look What's New:

DOHENY STUDENT SUCCESS CENTER BUILDING 2



This Center was established with a Hannon Grant and is here to help you find SUCCESS at MSMC.

Director:	Robin Bishop
Assistant Dean	Jeanette Stone
Intern	Evelyn Oyuela-Kowalski

Feel free to check in with us about any questions you have. If we don't have an answer, we'll connect you with the person who does! We are here to make sure that you have a seamless experience as you reach out to multiple offices on campus. We are also here to help you think about the best ways to be successful in college.

Look for our OPEN HOUSE next week.

Doheny Happenings

Mount St. Mary's College, Doheny Campus

Volume 41, Issue 3

September 3, 2013

CALENDAR OF EVENTS

Tuesday, 9/3

Last day to add/drop class
Last day to apply to graduate in
May or Summer
Last day to confirm attendance



Wednesday, 9/4

10 –12 Community Engagement & Career
Services Open House
12:30 Poetry, Prose and Pizza
4:30 Mass

Thursday, 9/5

1:00 Open House Bldg 1, 2, and
Success Center
1:00 Phi Theta Kappa Meeting
7:15 Poetry, Prose and Pizza

Friday, 9/6

10:25 Spanglish



Pizza on the porches and in the park



Bldg 1 Psychology, Business Administration

Bldg 2 Success Center, AA Dean's Office,
religious studies, sciences, math, English,
history, political science, art, sociology,



Success Center in Bldg 2



Be here for the grand opening
of the Success Center

Open House(s)

Thursday, September 5

1:00—2:00

Be informed! Be smart! Be in-the-know!



Robin Bishop, Director

Introducing Doheny's

Student Success Center

As part of the AA Dean's Office, the Student Success Center is here to help YOU with any concerns you might have as you strive to be successful in college. In Bldg 2 is the **Student Success Center** where you will meet Robin Bishop, the director of the center, and Evelyn Oyuela-Kowalski, her intern. Come and meet them, see the Center and find out what they can do for you.

How can the Success Center help you?

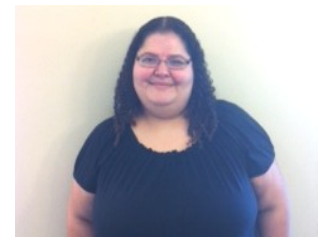
Academic Success—Struggling in a class? We are here to help brainstorm the best ways to succeed!

Selecting or Changing Majors—Not sure about your major or your career goals? We are here to help you think about your interests and find the best majors and jobs to fit these.

Balance—Trying to balance all of the demands of college life (classes, job, family, campus activities)? We are here to help discuss time management, priorities, decision-making and family communication.

And much more.

Evelyn Oyuela-Kowalski





Congratulations Honor Roll for Spring 2013

3.49—4.0

Nesrin Ahmed
Marci Aldana
Zuleyka Alderete
Hellen Alvarez
Erika Amaral
Wendy Araujo
Rebeca Arroyo
Karina Ayon
Nathalie Balingit
Karla Barberena
Mary Bekarian
Dania Benitez
Michela Borrelli
Alejandra Cardoso
Erica Caro
Patricia Castellanos
Samantha Cervantes
Cenobia Chimil
Priscilla Close
Deisy Corral
Vanessa Cosme
Christina De Veyra
Marisol Delgado
Beatriz Diaz
Yoselyn Diaz-Castro
Patsy Dominguez
Catherine Downs
Wille-Anne Dulay
Katalia Duong
Marissa Esparza
Yamely Espinosa
Dina Fakhoury

Laura Flores
Anali Flores
Daniela Franco
Melissa Frankera
Fatima Fuentes
Daisy Garcia
Yvonne Garcia
Cristina Garcia
Gabriela Garcia
Jasmine Garnica
Katherine Gonzalez
Desiree Gonzalez
Lesby Guerrero
Ellyn Guerrero
Meliza Guillermo-Alonzo
Carin Gutierrez
Briana Harris
Adlisha Hernandez
Johanna Hernandez
Mayra Hernandez
Joyance Hipolito
Krystal Jackson
Anjelica Jackson
Akeala Johnson
Crystal Ledesma
Hongzi Cindy Li
Delia Macedo
Miguel
Alexandra Madueno
Monica Malagon
Bianca Marquez

Celia Martinez
Denise Martinez
Marylin Martinez
Jeanneen Matias
Megan Moreno
Evelyn Moreno Perez
Victoria Navarro
Jasmine Nicholas
Rebecca Nissenbaum
Dominique Noriega
Briana Ocegüera
Alessandra Olivares
Heather Otero
Melissa Perez
Katheryn Polanco
Marinna Pulido
Crystal Quesada
Rachel Quintos
Eleonor Ramirez
Roxanne Rendon
Liliana Resendez
Carolina Restrepo
Michelle Reyna
Alexandra Rios
Candice Rivera

Noemi Robles
Nancy Rodriguez
Lillian Rodriguez
Jocelyn Rodriguez-Palacios
Carolina Rosales
Ysabel Sabeniano
Jenny Sanchez
Melissa Sanchez
Kristen Sanchez
Jessica Sandoval
Leslie Sandoval
Andrea Serrano
Jennifer Sigüenza
Larisa Smith
Ka Kei Tam
Carina Valdivia
Samantha Veloz
Victoria Villa
Riza-Andrea Vitug
Chanell Waddles
Claudia Zayas
Nery Zelaya

Save the Date:

Honor Roll/Dean's List Reception
Thursday, September 19, at 1:00

Plan to come and be recognized as scholars!

Week Two: Crime Prevention Tips

When leaving your car, room or resident hall, make sure that all doors and windows are locked – including the main building entry and exits. Do not prop open any exterior door to any Residence Hall as it creates a security hazard not only for you, but for every resident in that hall. Keep all of your valuables secure and in a safe place. That means don't leave laptops, jewelry, etc. out in the open for others to see. Lastly, never leave valuables out in the open in your vehicle. If possible, secure valuables in your trunk.



Open House

Office of Community Engagement & Doheny Career Services

Wednesday, Sept. 11, 10:00am—12:00 noon

Bldg 11/Ahmanson Commons on the 2nd floor in the back

Meet the staff, have some snacks and learn what we offer...

Career Services:

- Individual career counseling
- Assess skills and interest
- Find a major
- Establish goals
- Review for resume and cover letters
- Job search and interview skills
- Mock interviews
- Individual computerized career assessments

Community Engagement

- Volunteer—serve your community & develop leadership skills, explore interests, develop job skills
- Service Learning—learn while you're working outside of the classroom
- Student Ambassador—become a mentor to your community and high school students

ECO Containers are here!



An Eco container is a sustainable, reusable container for taking your meals to-go.

- Simply bring in your key chain (or purchase one for a refundable \$10) to the café in exchange for a sanitized Eco container for your take-out meal.

- Enjoy your meal here, there or anywhere!
- When you are done, simply drop off your used Eco container at Chalon or Doheny Café during regular hours in exchange for a new keychain and start all over again!

Otherwise, you will pay \$0.40 for a disposable container and we'll only have those through the Fall semester.

Questions: Call Juan 310-954-4318



Come learn about your
**Doheny academic
honor society,
Phi Theta Kappa!**

Eligible members must have at least a 3.5 GPA to join, so plan your scholarly success early on. We will be meeting on Thursday, September 5th, from 1-2PM in Building 4, Room 114. For information, contact Lynnette Chavez. (lynnchav@mymismc.la.edu) or Elizabeth Sturgeon (esturgeon@mismc.la.edu).

Work Study Opportunities

1st GEN

Are you the first
in your family to attend
college?

Information

Consider joining a
group to talk about
your college
experiences.

Sign up by contacting:
Dr. Young Song
(310) 954 - 4114
Erika Ramos
(310) 954-4115

Possible meeting times:
[Chalon] Monday at 11:30 am to 12:30 pm
[Doheny] Thursday at 1:00 pm to 2:00 pm

{{ What to expect }}

- Dealing with your adjustment to college life
- Managing your homesickness
- Helping your family with your leave
- Strengthening your leadership skills



Sponsored by: Mount St Mary's College Counseling & Psychological Services

The Child Development

Center is still hiring
work study students!



We need preschool teacher assistants. No experience necessary and all majors are welcomed! Come and play while you work in Bldg 17! If you are interested or want more information, please email the Director, Wendy Galan, at wgalan@msmc.la.edu.

Student Affairs Office

Do you want the opportunity to be
a part of an exciting team?

Do you enjoy working in a
fast-paced environment?

Are you friendly and approachable?

If so, the Student Affairs Office
wants you to check them out!

Applications are now available in Bldg 7.



Welcome to Fall Semester from Counseling and Psychological Services

Greetings to all new and returning MSMC students! We hope you enjoyed your summer and are looking forward to starting the new school year! College can be a fun yet stressful time with many changes to anticipate. Living independently, making new friends, and achieving academic success can be challenging tasks to face. Here are some helpful tips on ways to cope with some of these transitions:

- * Give yourself an opportunity to slowly adjust to your new academic load and college life. Be patient with yourself and others.
- * Manage your time and try spreading out assignments over a certain amount of time. This way you will feel less overwhelmed when it's crunch time.
- * Set specific and reachable goals for yourself. Put things on a list that you can accomplish. If your list is unreasonable, it may end up making you feel less productive.
- * Meet new friends and have fun. Set some time aside for yourself whether you need some 'alone' time or you want to be with your friends.
- * Get some help if you are feeling stressed. Talking things out will help relieve some pressure and know that CPS (Counseling and Psychological Services) is available if you need someone to talk to! Our services are free and confidential!
- * Try deep breathing exercises to help you relax and clear your mind. Get a good night's rest. Do not be so hard on yourself!

Counseling and Psychological Services

1st Fl McIntyre
M-W 8:30am-5pm, TH- F 8:30am-4:30pm
(213) 477-2668

Our services are **free** and **confidential**



Do you speak Spanglish?

COME CHAT WITH US & OTHER LATINAS
FRIDAYS AT DOHENY CAMPUS
FROM 10:25 AM TO 11:25 AM

JOIN SPANGLISH GRUPO PARA MUJERES LATINAS IF:

- YOU ARE LATINA OR OF MULTI-ETHNIC LATIN DESCENT
- YOU WANT TO CONNECT WITH OTHER LATINAS ON CAMPUS IN A FUN AND SAFE PLACE
- YOU CAN SPEAK ENGLISH, SPANISH, OR SPANGLISH COMO TU QUIERAS!!!!

Sign up by contacting:

Dr. Elizabeth Poloskov
(310) 477 - 2681
Erika Ramos, M.A.
(310) 477-2978

Sponsored by Counseling & Psychological Services



M.S. M.C.

LEADERSHIP BOOTCAMP

FRIDAY, SEPTEMBER 27

1PM-4PM

DOHENY CAMPUS



Attention all MSMC Students from Doheny & Chalon!!

Do you want to learn how to be a better leader?

How to communicate and work with a team?

Do you like to have fun and meet new people?!

SIGN UPS:

On-Line at <https://orgsync.com/52392/forms/81267>

Women's Leadership
Leavey Commons (Chalon) or Building 11 (Doheny)
(leadership@msmc.la.edu)
(310)954-4350 or (213)477-2664

Deadline: **September 20, 2013**

Sponsored by the Office of Women's Leadership



FALL 2013

There are two new MSMC online courses
available for Fall 2013.

Online ENG 1A & MTH 38:

Available for Chalon, Doheny and WEC students.

ENG1A and MTH38 will be offered in a special eight-week semester session starting this September 30th on the Portmont @MSMC platform. **If you are currently enrolled in another section of either of these courses OR they did not fit into your current schedule, you can change to the online class format.**

These courses blend the flexibility and convenience of the latest online technologies and support systems with the personal attention and care from faculty that the Mount is known for. Limited to 15 students in ENG1A and to 25 students in MTH38.

BEGINS:

Monday, September 30th

MANDATORY ORIENTATION: Saturday, Sept. 28th

ENDS:

Friday, November 22nd

CONTACT:

For more information or to reserve a seat contact Dr. Starkey at:
mstarkey@msmc.la.edu or 310.954.4086 during the add/drop period

Welcome to the new semester.

Our Fitness Centers have been buzzing this week as we have seen hundreds of you and we hope hundreds more!

Our facilities are open to all students, faculty, staff, and alumni during open recreation hours. Your valid (current) MSMC photo ID card must be shown and left with us at any time you use the facilities

Fitness Education strives to provide a safe, secure, positive and enjoyable workout environment for all users of the facilities. All users are required to follow guidelines designed to support a healthy, safe and secure facility.

We would like to remind everyone that while you work out inside our gyms that we have a no tank tops, cut offs, and sports bras allowed rule to prevent the spread of MRSA. Please wear t-shirts with sleeves. For outside enjoyment feel free to wear said attire.

We have an exciting year ahead with many classes, workshops, special events, incentive programs, and athletics.

Feel free to come by and check us out. Our staff will welcome you, show you around and answer your questions. Our outside pools and courts close 15 minutes prior to closing time.

Our hours:

Chalon Campus

Mon-Thurs 7am-10pm

Fridays 7am-6pm

Weekends 10am-4pm

Doheny Campus

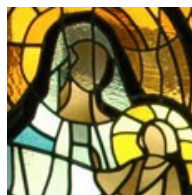
Mon-Thurs 8am-10pm

Fridays 8am-6pm

Weekends 12noon-4pm



This Week with Campus Ministry



Mass in Mercy Chapel (Doheny)

Wednesday, Sept. 4, 4:45

Like to sing? Or play an instrument? Join the choir for Mass, with practices Wednesday at 4pm. Contact

Laura Gomez, Music Director, 310-054-4124 or lgomez@msmc.la.edu

Poetry, Prose and Pizza

Bldg 10, Parlor

Wednesday, Sept. 4, 12:30—1:30 (free light lunch)

Thursday, Sept. 5, 7:15—8:15 (free light dinner)

Share an excerpt from your stories or a poem—or just enjoy others' readings! You might discover we all have some feelings and thoughts in common. Open to faculty, staff and all students.

Sunday Mass at Mary's Chapel (Chalon)

Sept. 8, 7:00pm (Shuttle leaves Doheny at 6pm)

Holy Spirit Mass Thursday, Sept. 12, at 11:30am.

Campus Ministry
Bldg 7 213-477-2672
campusministry@msmc.la.edu

Doheny Happenings

Mount St. Mary's College, Doheny Campus

Volume 41, Issue 3

September 9, 2013

CALENDAR OF EVENTS

Monday, Sept. 9

Tuesday, Sept. 10

Wednesday, Sept. 11

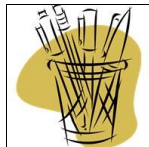
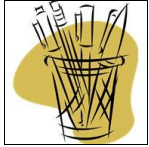
11:00 Career Service Open House

Thursday, Sept. 12

11:30 HOLY SPIRIT MASS
followed by lunch

Friday, Sept. 13

10:25 Spanglish



MASS OF THE HOLY SPIRIT

Thursday, Sept. 12, 2012
11:30 in the Grove

(area between Adams and Bldg 10)

All traditional AA
classes from 11:30
to 1:50 are cancelled
so that all may join
in this all Campus
event.



Come for the Mass

and stay for lunch afterwards.

In honor of the Holy Spirit,
WEAR RED.

All are welcome to...

MASS OF THE HOLY SPIRIT

Doheny

Thursday, Sept. 12
11:30 AM
Adjacent to the
Gazebo

Chalon

Tuesday, Sept. 17
11:30 AM
Mary Chapel

*President McElaney-Johnson invites you
to a lunch reception immediately following each Mass*

**JOIN THE ENTIRE
MOUNT COMMUNITY
AND WEAR RED!**

**CLASSES WILL BE
CANCELED BETWEEN
11:30 AM AND 1:50 PM
SO ALL CAN ATTEND**

ISAE/Student Support Services (TRIO)

ISAE Applicants:

Thank you for your interest in the ISAE program. You will be notified regarding your application status via your MSMC e-mail account.

ISAE Students:

Don't miss out on the first ISAE Event; join us on Sunday, October 6, at 1:00pm at the Chalon Circle for our Fall Fling celebrating Hispanic Heritage Month. Transportation to and from Chalon will be provided. Enjoy delicious food, win raffle prizes and get to know your ISAE peers. Sign-ups begin on Monday, September 16, at 9:00am in the ISAE Office. Don't forget to bring your \$20 (check or cash) refundable deposit.



Doheny ISAE Staff Team

Veronica Martinez (mvmartinez@msmc.la.edu)

Virginia Cons (vcons@msmc.la.edu)

Doheny ISAE office in Bldg. 7, 1st Floor Back Offices -

Save the Date:

Honor Roll/Dean's List Reception
Thursday, September 19, at 1:00

Plan to come and be recognized as scholars!



Busy Person's Retreat ***Sept. 30—Oct. 3***

*An opportunity to reflect on your life,
to talk and pray with a Sister of St. Joseph during the
day, and
to pray in the evening with others on the retreat.*

*To Register: Complete the registration form
(in Campus Ministry), attach your schedule, and
return it to the Campus Ministry Office (bldg. 7) or
to Sr. Carol (bldg. 2) by Sept. 23.*

Academic Advisement

Student Services Building
2nd Floor, Room 211
advisement@msmc.la.edu
213.477.2577

Office Hours

Monday-Thursday 8:00am-4:30pm

Friday 7:30-4:00pm

Drop-In Hours:

Monday-Friday

10am-11am & 1pm-2pm



ATTENTION FRESHMEN:

Did you take college-level courses while in high school and would like to receive credit for them? It is important to have your official college transcripts sent to the

Mount so that your courses can be reviewed for possible credit towards your degree. Please send the transcripts directly from the college you attended to the Mount. Hand-delivered transcripts are not considered official.

Advisement FAQs

Q: How do I get credit for courses I took over the summer?

A: Fill out a Transfer of Credit Clearance form (found in our office or on our portal) and turn it in to the Advisement department. Once it is approved, request for official transcripts to be mailed directly to MSMC Registrar's office in order to be awarded units.

Q: How do I know who my advisor is?

A: Login to Webadvisor. Click "User Accounts", "My profile" to view your advisor's name.

Campus Security Announcement:



Be aware of your surroundings. Know where you are, where you are going and what is going on around you. Walk with confidence. Tell someone where you are going and when you expect to return. At night, travel in well-lighted

areas. Walk close to the curb, facing oncoming traffic. Do not go to the ATM at night. If possible travel with another person or in a group. Trust your intuition, if something feels wrong, something is probably wrong. Remember your safety is always first. See something say something. Report all incidents to Campus security. Have Campus Security numbers programmed on your phone: Chalon Campus (310) 954-4123, Doheny Campus (213) 477-2502. Visit the Campus Security page on the portal and get safety tips, emergency apps to download on your phone and sign up for EAlert. Stay informed, stay connected, stay safe!

Come and check out the
Office of Community Engagement & Doheny Career Services!!!

Wednesday, Sept. 11, 10:00am—12:00 noon
Bldg 11/Ahmanson Commons on the 2nd floor in the back

Meet the staff, have some snacks and learn what we offer...



Career Services:

- Individual career counseling
- Assess skills and interest
- Find a major
- Establish goals
- Review for resume and cover letters
- Job search and interview skills
- Mock interviews
- Individual computerized career assessments
- Career Preparation Courses

Community Engagement

- Volunteer—serve your community & develop leadership skills, explore interests, develop job skills
- Service Learning—learn while you're working outside of the classroom
- Student Ambassador—become a mentor to your community and high school students

Do you speak
Spanglish?

COME CHAT WITH US & OTHER LATINAS
FRIDAYS AT DOHENY CAMPUS
FROM 10:25 AM TO 11:25 AM

JOIN SPANGLISH GRUPO PARA MUJERES LATINAS IF:

- YOU ARE LATINA OR OF MULTI-ETHNIC LATIN DESCENT
- YOU WANT TO CONNECT WITH OTHER LATINAS ON CAMPUS IN A FUN AND SAFE PLACE
- YOU CAN SPEAK ENGLISH, SPANISH, OR SPANGLISH COMO TU QUIERAS!!!!

Sign up by contacting:

Dr. Elizabeth Poloskov

(310) 477-2681

Erika Ramos, M.A.

(310) 477-2978

Sponsored by Counseling & Psychological Services



1st GEN

Are you the first
in your family to attend
college?

Information

Sign up by contacting:

Dr. Young Song
(310) 954-4114
Erika Ramos
(310) 954-4115

Consider joining a
group to talk about
your college
experiences.

Possible meeting times:

[Chalon] Monday at 11:30 am to 12:30 pm
[Doheny] Thursday at 1:00 pm to 2:00 pm

What to expect

- ♦ Dealing with your adjustment to college life
- ♦ Managing your homesickness
- ♦ Helping your family with your leave
- ♦ Strengthening your leadership skills



Sponsored by: Mount St Mary's College Counseling & Psychological Services

M.S. M.C.

LEADERSHIP BOOTCAMP

FRIDAY, SEPTEMBER 27

1PM-4PM

DOHENY CAMPUS



Attention all MSMC Students from Doheny & Chalon!!

Do you want to learn how to be a better leader?

How to communicate and work with a team?

Do you like to have fun and meet new people?!

SIGN UPS:

On-Line at <https://orgsync.com/52392/forms/81267>



Women's Leadership
Leavey Commons (Chalon) or Building 11 (Doheny)
(leadership@msmc.la.edu)
(310)954-4350 or (213)477-2664

Deadline: September 20, 2013



Sponsored by the Office of Women's Leadership

Did you know the Business Office is on Facebook? The Business Office Facebook page is a great way to keep current for students, alums, and parents. Keep up with current dates, events, and the latest policies.

Be the first to know, follow us today! "Like" us and be automatically enrolled in a chance to win during our Facebook Raffle contest (active MSMC students only).



www.facebook.com/msmclabursar

*The Athenian Promise:
A Commitment to Civility*

As a Member of the Mount St. Mary's College Community:

I will embrace the concept of a civil community which does not tolerate violence, theft, bigotry, or harassment of others in any form.



This Week with Campus Ministry

No Mass in Mercy Chapel this week.

POETRY, PROSE AND PIZZA

Bldg 10, Parlor

Wednesday, October 9, 12:30—1:30 (free light lunch) and 7:15—8:15 (free light dinner)

Share an excerpt from your stories or a poem—or just enjoy others' readings! You might discover we all have some feelings and thoughts in common. Open to faculty, staff and all students.

Sunday Mass at Mary Chapel (Chalon)

Sept. 15, 7:00pm (Shuttle leaves Doheny at 6pm)

LIVE THEATER AT DOHENY

The Year of Magical Thinking

—a one-woman show by Joan Didion

Fridays and Saturdays, Sept. 20, 21, 27, and 28 at 8:00pm

Sundays, Sept. 22 and 29 at 2:00pm

Thursday, Sept. 26, at 4:00pm

This play is the account of the year following the death of her husband, and also concerns the illness of their only child, Quintana. The work's title refers to the idea that if someone hopes and wishes for something enough, this positive thinking can change the course of events.

STUDY BREAK with the RESIDENT MINISTER

9:00-10:00pm in the Residence Halls

Monday, Sept. 17 Hannon

Tuesday, Sept. 18 McIntyre 1st

Monday, Sept. 23 House 8 1/2

Tuesday, Sept. 24 House 20

Wednesday, Sept. 25 House 7

Take a break from studying to meet your Resident Minister and fuel up for your long night of studying and some yummy snacks!



Alejandra

Holy Spirit Mass Thursday, Sept. 12, at 11:30am.



Campus Ministry
Bldg 7 213-477-2672
campusministry@msmc.la.edu

Doheny Happenings

Mount St. Mary's College, Doheny Campus

Volume 41, Issue 4

September 16, 2013

CALENDAR OF EVENTS

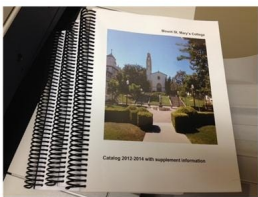
Wednesday, Sept. 18
4:45 Prayer Service



Thursday, Sept. 19
11:30am Fiesta
1:00pm Honor Roll, Dean's List

Friday, Sept. 20
8:00pm Year of Magical Thinking

2012–2014 Catalogs For Sale!



~Where: Registrar's office
(both campuses)

~How much: \$20 per copy

~No refunds will be issued

For more information please contact the Registrar's Office
Doheny (213) 477-2520 or Chalon (310) 954-4020

Annual Mount St. Mary's College Fiesta

SEPTEMBER 19, 2013

11:30AM-1:30PM

AHMANSON COMMONS

LIVE ENTERTAINMENT &
CULTURAL FOOD SALE

Sponsored by Commuter Services

Congratulations Dean's List and Honor Roll Students.



Your names have been posted
on the
Honor Roll and Dean's List
bulletin board in Bldg 4.

Please come to a

Reception
in your honor
on Thursday, September 19, 1:00
in Building 10 parlor.

Come for your certificate and appreciation by the
Dean and Assistant Dean

LIVE THEATER AT DOHENY

The Year of Magical Thinking
—a one-woman show by Joan Didion
Fridays and Saturdays, Sept. 20, 21, 27, and 28 at
8:00pm

Sundays, Sept. 22 and 29, at 2:00pm

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This play is the account of the year following the death of her husband, and also concerns the illness of their only child, Quintana. The work's title refers to the idea that if someone hopes and wishes for something enough, this positive thinking can change the course of events.

Call for reservations: 213-477-2868

ISAE/Student Support Services (TRIO)

ISAE Event

Don't miss out on the first ISAE Event; join us on Sunday, October 6th, at 1:00pm at the Chalon Circle for our Fall Fling celebrating Hispanic Heritage Month. Transportation to and from Chalon will be provided. Enjoy delicious food, win raffle prizes and get to know your ISAE peers. Sign-ups begin on Monday, September 16th, at 9:00am in the ISAE Office. Don't forget to bring your \$20 (check or cash) refundable deposit.



*We will be raffling off one ticket to attend
The Lion King Musical.*

Doheny ISAE Staff Team

Veronica Martinez (mvmartinez@msmc.la.edu)

Virginia Cons (vcons@msmc.la.edu)

**Doheny ISAE office in Bldg. 7, 1st Floor Back
Offices - (213) 477-2663**



Busy Person's Retreat ***Sept. 30—Oct. 3***

*An opportunity to reflect on your life,
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day, and
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while you stay on your busy schedule of classes and work*

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*Questions? Call Sr. Carol at 213-477-2510 or come and
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*Open to all students who want to grow their spiritual life
by praying with others and meditating on the Christian*

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Q: How do I know who my advisor is?

A: Login to Webadvisor. Click "User Accounts", "My profile" to view your advisor's name.



Campus Security Announcement:

Campus Fire Safety Awareness Month

When a smoke alarm or fire alarm sounds, get out of the building quickly and do not reenter the building until Campus Security officials or fire authorities say it is safe to do so. Learn your building's evacuation plan and practice all drills as if they were the real thing. Learn where all the fire extinguishers are on campus. For more information on fire safety at the Mount, visit the Campus Security Portal page.



M.S. M.C.

LEADERSHIP BOOTCAMP

FRIDAY, SEPTEMBER 27

1PM-4PM

DOHENY CAMPUS



Attention all MSMC Students from Doheny & Chalon!!

Do you want to learn how to be a better leader?

How to communicate and work with a team?

Do you like to have fun and meet new people?!

SIGN UPS:

On-Line at <https://orgsync.com/52392/forms/81267>

Women's Leadership
Leavey Commons (Chalon) or Building 11 (Doheny)
(leadership@msmc.la.edu)
(310)954-4350 or (213)477-2664

Deadline: September 20, 2013

Sponsored by the Office of Women's Leadership

Spanish Proficiency Test

is administered in the Learning Resource Center bldg. 3 See Mr. Forte (213-477-2690) for an appointment to take the test. There is no fee to take the exam.

Some degrees (both AA degrees and BA degrees) require 8 units of a modern language.. Many of you have earned units because of a high score on AP exams. Those who weren't able to take those AP exams may take MSMC's Spanish proficiency test and if they pass it, the requirement will be waived but no units will be granted.

Questions? Talk to your advisor.

Student Workers Needed

The Admissions Office in the Student Center (Bldg 745) is looking for student workers WHO HAVE A WORK STUDY GRANT. See Lory Berry for an interview 213-477-2563.



Athenian Promise

I will commit myself to the pursuit of knowledge with personal integrity and academic honesty.

This Week with Campus Ministry

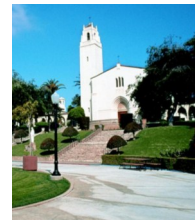
Mass in Mercy Chapel

Wednesday, September 18, 4:45

Sunday Mass at Mary Chapel (Chalon)

Sept. 22, 7:00pm

Everyone, of every religious tradition, as well as family and friends, are invited to join us. Enjoy refreshments after Mass.



Take the 6pm shuttle to Chalon this Sunday! Return to Doheny by 9pm

Like to sing? Or play an instrument?

Join the choir for Mass, with practices Wednesday at 4pm and Sunday at 5:45pm.

Contact Laura Gomez, Music Director, at 310.954.4124 or lgomez@msmc.la.edu.

Want to try some other ministries at Mass?

Have you ever thought that you might like to try being a Eucharistic Minister, a server, an usher or lector? You will meet a great group of people, and gain a new and deeper understanding of the Mass! Contact our office or come see us after Mass.



"Serving the Dear Neighbor"

Justice and Service Group at Doheny

Info on upcoming meetings coming soon!

Interested in helping our neighbors?

Want to discuss and offer events about issues of justice and service?

If so, then come join us! Everyone is welcome!

This group is sponsored by:

Campus Ministry, Women's Leadership, Commuter Services, and Community Engagement!

STUDY BREAK with the RESIDENT MINISTER

9:00-10:00pm in the Residence Halls

Monday, Sept. 17 Hannon

Tuesday, Sept 18 McIntyre 1st

Monday, Sept. 23 House 8 1/2

Tuesday, Sept. 24 House 20

Wednesday, Sept. 25 House 7

Take a break from studying to meet your Resident Minister and fuel up for your long night of studying and some yummy snacks!



Alejandra

Campus Ministry
Bldg 7 213-477-2672
campusministry@msmc.la.edu

Doheny Happenings

Mount St. Mary's College, Doheny Campus

Volume 41, Issue 5

September 23, 2013

CALENDAR OF EVENTS

Tuesday, Sept. 23

12:30 Engagement Fair

12:30 Voter Registration



Wednesday, Sept. 24

4:45 Prayer Service

Thursday, Sept. 25

2:45 WASC team meets students

4:00 Year of Magical Thinking

Friday, Sept. 26

8:00pm Year of Magical Thinking



WASC Western Association of Schools and Colleges

On Wednesday through Friday, members of the WASC visitation team will be on both the Chalon and Doheny campuses. WASC is the accrediting association for colleges in the U.S. WASC accreditation recognizes colleges that meet an acceptable level of quality in accordance with established, research-based WASC criteria.

Students may speak with WASC representatives on Thursday at 2:45 in the Donohue Center.

Volunteer, Serve and Learn!

Come Meet...

- Children, Youth & Family Collaborative
- Santa Monica PAL
- Girl Scouts LA
- St. Francis Center
- LA Team Mentoring
- A Place Called Home
- Habitat For Humanity
- California Science Center

And Many More...

2013 Community Engagement Fair

Tuesday, September 24, 12:30 —2:30 P.M.
North Lawn, Doheny Campus

Sponsored by
The Office of
Community
Engagement

For more
information, please
contact
kterrill@msmc.la.edu
or call 213-477-2662.
Please visit our
offices on the 2nd
floor of Ahmanson
Commons, Doheny,
or our web page on
the Portal



Come prepared to speak with Community Partners
and non-profit organizations from
throughout Los Angeles



Busy Person's Retreat Sept. 30—Oct. 3

An opportunity to reflect on your life, to talk and pray **with a Sister of St. Joseph** during the day, and to pray in the evening with others on the retreat—all this while you stay on your busy schedule of classes and work

To Register: Complete the registration form (in Campus Ministry), attach your schedule, and return it to the Campus Ministry Office (bldg. 7) or to Sr. Carol (bldg. 2) by Sept. 23.

Questions? Call Sr. Carol at 213-477-2510 or come and see her in bldg. 2 upstairs.

Open to all students who want to grow their spiritual life by praying with others and meditating on the Christian scriptures.

LIVE THEATER AT DOHENY

The Year of Magical Thinking
—a one-woman show by Joan Didion

Thursday, Sept. 26, at 4:00pm

Fridays and Saturdays, Sept. 27, and 28 at 8:00pm

Sunday, Sept. 29, at 2:00pm

This play is the account of the year following the death of her husband, and also concerns the illness of their only child, Quintana. The work's title refers to the idea that if someone hopes and wishes for something enough, this positive thinking can change the course of events.

Call for reservations: 213-477-2868

A lasting legacy

Mount St. Mary's College is committed to providing excellence. Our goal is to extend our excellence beyond the classroom to make our campus a haven for quality education and innovation. We are excited to present our latest renovation, The Chalon Grand Entrance.

The Chalon Grand Entrance

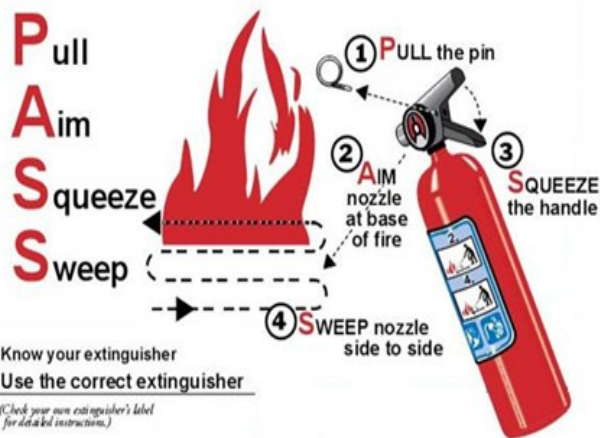
Beautiful, state-of-the-art facilities that foster innovation and learning will enable our students to achieve an excellent college experience. In addition, we want the community to feel welcome and understand our history and future as a Los Angeles leader in higher education.

The Chalon Grand Entrance will create a welcoming first impression for students and visitors, provide critical pedestrian links and revitalize the Campus Center into a contemporary multipurpose learning and conference space that will further enhance our students' educational experience.

Campus Security Announcement

Week five: Campus Fire Safety Awareness Month— Tip 2

To operate an extinguisher:



Know the basic operation of an extinguisher: P A S S

Pull the pin

Aim the nozzle at the base of the fire

Squeeze the handle

Sweep nozzle side to side



Mindfulness Group

»Do you ever feel **stressed out**? Need to **relax**?

»Could you benefit from being more:

»**Patient** with yourself & others

»**Grateful** for your surroundings

»**Centered** throughout your day

»Come try out our Mindfulness Group and practice ways to de-stress, relax, and be mindful in your daily life.

Mondays at 1pm, starting September 30th, Doheny CPS

Contact: Annie Gharakhani (213) 477-2880

Annika Krankl (213) 477-2978



Did you know?

Flu Shots are available to all students, faculty, and staff for \$15

Flu shots "don't give you the flu"

Flu vaccine can prevent you and others from getting sick with the flu

Good hand washing technique is key to preventing the spread of germs

You should always cover your nose and mouth when coughing or sneezing

Making It Work Every Day

Resist the urge. Little habits -- touching eyes, putting finger to nose, biting nails -- give the flu virus a welcome mat into your system.

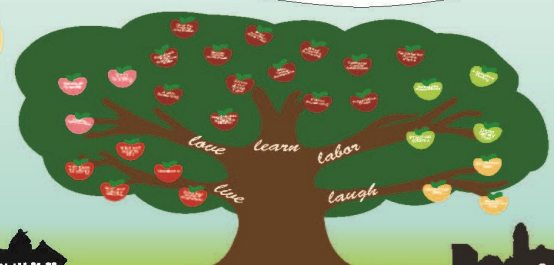
Exercise regularly. Every time you walk or run, you're boosting your body's immunity, the natural defense against viruses. A daily 30-minute walk -- or three 10-minute walks -- is the minimum you need. Doing more provides greater health benefits.

Eat your vegetables. A well-nourished immune system is better able to fight off infections. It's got to be fueled with natural vitamins and antioxidants found in healthy foods. Eat dark-green, red, and yellow vegetables and fruits. They're packed with numerous antioxidants, plus Vitamins A, C, E, and beta-carotene.

Reduce stress. Some stress is good, but know when to relax. Too much stress impairs the immune system.

Get plenty of sleep. Most adults need about 7-8 hours sleep. Teens need more -- about 9 hours daily. Growing kids need from 10-12 hours of sleep.

By participating in this Student Health Services "Healthy Campus" you will protect yourself and others in the community against the flu!!!





Did you know that Mount St. Mary's Career Services is now on Facebook?

We're the team who can help you chart your professional path while you're still in class! Our Facebook page is just one more way we can help you to: "Get Connected. Get Hired."

Our ultimate goal? It's written into our Facebook address: www.facebook.com/HireAthenians

- 👍 Invites to networking opportunities and career fairs.
- 👍 Workshops on résumé-writing, mock interviews, external resources and more.
- 👍 Links to recommended jobs and internships for students and alums.
- 👍 Links, resources and plenty of wisdom on how to determine your professional future!
- 👍 And pictures and posts from our campus events featuring YOU!

Curious? Want to learn more? Visit our Facebook page and "like" us to stay up to date. And let us know what you think - post a comment when you visit!

www.facebook.com/HireAthenians



KEEP CALM AND BE A LEADER

RA Applications for the 2014 - 2015 academic year will be available starting **Wednesday, September 18** on the Residence Life Portal page.

All undergraduate students (commuters and residents) are welcome to apply.

Applications must be submitted no later than
Wednesday, October 2, 2013.

Being an RA is an amazing leadership opportunity. Candidates must be of sophomore status or above for 2014—2015 and have a GPA of 2.5 or above. We are looking for fun, creative, and responsible students to apply to be an RA.

This position may cover up to 80% of your housing costs.

For more information, contact the Residence Life Office:

Chalon: Brady 101, x4325, chalonresidence@msmc.la.edu

Doheny: Hannon 123, x2661, dohenyresidence@msmc.la.edu



Women's Leadership

Recently turn 18? Have you moved?

Tuesday, September 24 is National Voter Registration Day!

Stop by the Women's Leadership table at the Community Engagement Fair Tuesday from 12:30-2:30PM and register to vote!

Interested in volunteering with Doheny ASB? ASB Ambassador positions are now open! To sign-up, please go to <https://orgsync.com/54082/forms/84970>. Sign-ups close on Wednesday, October 2!

ISAE/Student Support Services (TRIO)

ISAE FRESHMEN

Your ISAE Peer Advisor will be contacting this week to set-up your first meeting. Please make sure to return their calls/e-mails. Deadline to **schedule** an appointment with your Peer Advisor is Sept. 25th.

Doheny ISAE Staff Team

Veronica Martinez (mvmartinez@msmc.la.edu)

Virginia Cons (vcons@msmc.la.edu)

Doheny ISAE office in Bldg. 7, 1st Floor Back Offices -
(213) 477-2663



MOUNT ORCHESTRA 3RD ANNUAL CONCERTO
COMPETITION FOR YOUNG ARTISTS
SEPTEMBER 28, 2013

Hannon Theater at Chalon

We're on Facebook!



Check us out: www.facebook.com/msmcleadership

Things Every Woman (& Man) Should Stop Doing

Apologizing all the time. Women actually do say “sorry” more often than men. Taking responsibility when you make a mistake is good, but constantly apologizing for having your waiter split the check or asking a date to hang out on a different night, does more harm than good. Own your preferences and decisions.

Saying “yes” to everyone else. Yes, I will meet up with you even though I’m exhausted and just want to go home and crawl into bed. Yes, I will read your paper even though I’m swamped with my own work. Stop saying “yes” when you don’t truly mean it. People actually respect you more when you set boundaries.

Saying “no” to yourself. A lot of women spend a whole lot of time deciding what we can’t do or shouldn’t do or aren’t good enough to do. Don’t allow your insecurities and anxieties to make your decisions for you -- you’ll only end up missing out on worthwhile experiences. So go talk to that group of people you think you won’t fit in with.

Talking bad about your looks -- out loud or in your own head. Stop putting your looks down, period. Nothing good will ever come of it.

Comparing your real life to someone else’s virtual one. Spending a ton of time obsessing over your own online life can be anxiety-provoking and so can obsessing over *other* peoples’ virtual lives. Facebook addiction is related to lower self-esteem. And who wouldn’t feel bad sitting in bed on a Monday night scrolling through your ex’s vacation photo album or your friend’s posts during a party? Instead of playing a constant game of comparison, which studies have shown can actually magnify feelings of depression, just close your laptop and enjoy the present. At least it’s real.

Adopted from: <http://m.huffpost.com/us/entry/3908151>



**For more information on taking better care of yourself call
Counseling and Psychological Services (CPS) at 213.477.2668
Counseling is free and confidential. We offer individual, group,
and couples
therapy.**

McIntyre Residence Hall
Phone: (213) 477-2668
Hours: M-T 8:30 am – 5 pm
& Friday 8 am-4:30 pm

This Week with Campus Ministry

Prayer Service in Mercy Chapel

Wednesday, September 25, 4:45



Sunday Mass at Mary Chapel (Chalon)

Sept. 29, 7:00pm Shuttle leaves at 6pm

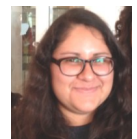
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9:00-10:00pm in the Residence Halls

Monday, Sept. 23 House 8 1/2

Tuesday, Sept. 24 House 20

Wednesday, Sept. 25 House 7



Alejandra



COOKIES

Monday, 2:00

In Campus Ministry Office
Bldg 7

Doheny LRC Fall 2013 Tutoring Schedule

Tutor	Monday	Tuesday	Wednesday	Thursday	Friday
Miss Chavana Writing	10am – 6pm	10am – 6pm	10am – 6pm	10am – 6pm	10am – 4pm
Sr. Daniel Therese Writing		8:00am – 12:00pm	8:00am – 12:00pm	8:00am – 12:00pm	8:00am – 12:00pm
Josh Helston Math	10:30 – 11:30		10:30 – 11:30		10:30 – 11:30
Dr. Zebboudj Science; Nursing	1:00 – 5:00pm		1:00 – 4:00pm		1:00 – 4:00pm
Ms Livanis Writing		9:00am – 12:200pm	12:40pm – 4:40pm	9:00am – 12:200pm	12:40pm – 4:40pm
Dr. Kodikara Science		1:00 – 2:00	1:45 – 2:45		
Ms. Tregenza Critical Thinking		1:00 – 4:00		1:00 – 4:00	



Doheny Happenings

Upcoming Events for the Traditional A.A. Student
Mount St. Mary's College, Doheny Campus

Volume 41, Issue 6

September 30, 2013

CALENDAR OF EVENTS



Monday, Sept. 30 7:00pm
Busy Person Prayer

Tuesday, Oct. 1 2:00 Volunteer
7:00 BPR Prayer

Wednesday, Oct. 2
4:45 Mass
7:00 BPR Prayer

Thursday, Oct. 3
11:00am Transportation Fair
11:30 Halloween Planning
1:00 Success Center Disc. Group
7:00 BPR Prayer

Friday, Oct. 4

Transportation and Safety Fair



Thursday, October 3, 2013

11am-2pm
Ahmanson Commons Driveway

- Automobile Club (AAA)
- Doheny Commuter Services
- Los Angeles Police Department (LAPD)
- MSMC Transportation Department
- MSMC Security Department

Come sign up for the Mount "EALERT"
emergency notification system



Sponsored by Doheny Commuter Services

VOLUNTEER!!!

Interested in working and interacting with youth?
Visit our table for more information about opportunities to
work with elementary, middle, and high school students.

Tuesday, October 1st
From 2:00 pm-3:00 pm
at Doheny in front of the Cafe

Wednesday, October 2nd
From 1:00 pm-3:30 pm
at Chalon by the Circle

For more information or if you have questions contact: Vanessa Pompa
vanepomp@mysmc.la.edu



Project THINK



BUSY PERSON'S RETREAT



Sept. 30 - Oct. 3 at Chalon and Doheny

Sponsored by the Sisters of St. Joseph

You're a busy student? This retreat is for you!

Participate in this wonderful experience
without leaving campus

or changing much of your daily routine.

Registration is \$10; scholarships available.

Pick up a form in the Campus Ministry office or in
campus brochure racks.

The campus community is invited to all the BPR Prayer
Services each evening

Chalon: at 6:00pm at Carondelet Center

Doheny: at 7:00pm at Doheny Chapel

It's not too late to join us.

Questions? Talk to Sr. Carol in bldg. 2, upstairs, or 213-477-2510,
or cbrong@msmc.la.edu



Athenian Promise

I will contribute to the development of a caring community where compassion for others and freedom of thought and expression are valued.

Done with Summer School?

If you took summer school courses at a local community college, be sure to:

1. Follow the articulation agreement found under the Transfer Credit Tab on the Academic Advisement Portal website.
2. Complete and turn in a Transfer of Credit Clearance Form. Transfer of Credit Clearance Forms are located in the Academic Advisement Center.
3. Have your official transcripts from the college that you took summer class mailed directly to the Mount. Until the official transcripts are received, the course cannot be added to your record.
4. Contact Academic Advisement at 213.477.2577 with any transfer course questions.



Halloween Costume? Costume Cupboard? Children's Dress Up?

Sr. Carol is cleaning out the academic garb closet and selling off some very old baccalaureate gowns. She is asking a donation of \$3 for a gown. See her in Bldg 2 upstairs.



STUDENT SUCCESS CENTER

DISCUSSION GROUPS

Time? **1pm – 2pm**

When? **EVERY THURSDAY**

Where? **BUILDING 2 →**



Join us every Thursday to talk about topics that will help you succeed in college. You will be able to talk with your classmates about what is working for you & share your strategies with each other.

GRAB YOUR LUNCH AND BRING IT!
DESSERT AND COFFEE PROVIDED ☺

Not able to make it Thursdays 1-2?
We will also hold discussion groups on **select Wednesdays from 12:45-1:45**.
Upcoming Wednesday discussions: **October 2nd, 16th & 30th**.

Did you know? *Alcohol Changes Everything*



Using a fake ID or fake driver's license is a **CRIMINAL OFFENSE** (Penal Code 470b PC) in California and can result in hefty fines, loss of driving privileges and/or jail time.



Because drugs and alcohol can lower people's inhibitions the potential for date rape is greater.



Binge drinking means drinking a lot of alcohol within a limited time period, such as at a party. Alcohol poisoning may occur leading to nausea, vomiting, stupor, coma, brain damage and even death.



You should always have a designated driver/ transportation plan when going out. **NEVER** drink and drive and **NEVER** get into a vehicle with someone who has had even one drink or may be under the influence of drugs.



THINK BEFORE YOU DRINK!

Join us for our **Healthy Campus Event** **October 22, 2013!**



FOR MORE INFORMATION CONTACT DOHENY STUDENT HEALTH SERVICES AT 213-477-2695

Halloween Haunted Maze

Info Session

October 3rd, Thursday. Times
11:30-12:00 and 1:30-2:00 in the
Campus Ministry office. (bldg. 7)

Information session about the
maze, specifics about the maze, volunteering, signing
up and any questions.



POETRY, PROSE and PIZZA at Doheny

in The Poetry Place (Building 10 parlor)
Join us to share your writing or a
favorite quote or poem or
listen to other's writing.

Looking for students, staff and faculty
who want to commit to reading in
advance, in addition to those who want
to wait until that day to see if
the creative urge strikes :).

Call Gaile at 213-477-2694 or gkrause
@msmc.la.edu.

12:30-1:30PM

Wednesday, October 9
Wednesday, November 13
Free Light Lunch

We hope to
highlight some
student art-
work also.

7:15-8:15PM

Wednesday, October 9
Tuesday, November 12
Free Light Dinner

Campus Fire Safety Awareness Month— Tip 3

We can all prevent fires, by making sure all fire
safety equipment (smoke detectors,
fire extinguishers, exit signs, etc.)
are up to date and in proper
working condition. Never overload
an electrical outlet or power strip.
Only use extension cords on a
temporary basis and never have an
open flame in resident's halls or
areas that are a high fire zone. Always contact
Campus Security if you see a fire.
213-477-2502



Q&A

You have

Questions

We have

Answers

OPEN TO
ALL MAJORS

Brought to
you by...

**ACADEMIC
ADVISEMENT**

Chalon: Thursday,
October 3rd
1-2PM

Where: H404

Doheny: Thursday,
October 10th
1-2PM

Where: Wigwam

Questions about...

- General studies
- Class planning
- Registration
- Reading your program evaluation
- Preparing for advisement period
- Transferring courses
- Minors
- Graduation
- Where to turn in academic forms
- College catalog



Get Answers!

KEEP CALM AND BE A LEADER

Keep Calm and Be a Leader

Resident Assistant Applica-
tions (RA) for the 2014-15
academic year are available

on the Residence Life Portal page.

All undergraduate students (commuters and
residents) are welcome to apply.

Due: Wednesday, Oct. 2

Being an RA is an amazing leadership opportunity.
Candidates must be sophomores by Fall 2014 and
have a GPA of 2.5 or above. We are looking for
fun, creative, and responsible students to apply to
be an RA.

This position may cover up to 80% of your housing
costs.

Questions: Hannon 123, 213-477-2641,
dohenyresidence@msmc.la.edu

Sharing our joy increases joy!

Have you ever noticed that it could be a great day but that it takes just one harsh word from someone or one piece of bad news to ruin the day? How can we counter this tendency to assign greater weight to the negative experiences in our life? Here are some tips:

Make a daily list of the things you feel grateful for — this helps draw your attention to the positive experiences in your life.

Express the gratitude you feel to people close to you— this helps increase and sustain your well-being.

Describe your happy experiences to close friends, romantic partners, or family members —telling people about happiness has far greater benefits than just remembering it or writing it down for yourselves.

“Happiness is the only thing that multiplies when you share it.” - Albert Schweitzer



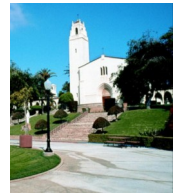
McIntyre Residence Hall
Phone: (213) 477-2668
Hours: M-T 8:30 am – 5 pm
& Friday 8 am-4:30 pm

This Week with Campus Ministry

MASS at Chalon

Sunday, Sept. 29, at 7:00pm
in Mary Chapel (Chalon)

Everyone, of every religious tradition, as well as family and friends, are invited to join us. Enjoy refreshments after Mass.



Take the **6pm** shuttle to Chalon this Sunday! Return to Doheny by 9pm.

Like to sing? Or play an instrument?

Join the choir for Mass, with practices Wednesday at 4pm and Sunday at 5:45pm. Contact Laura Gomez, Music Director, at 310.954.4124 or lgomez@msmc.la.edu.

Want to try some other ministries at Mass?

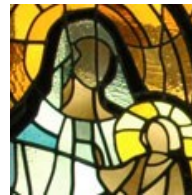
Have you ever thought that you might like to try being a Eucharistic Minister, a server, an usher or lector? You will meet a great group of people, and gain a new and deeper understanding of the Mass! Contact our office or come see us after Mass.

COOKIES!

Mon., Sept. 30, at 2pm
They go fast!



CM Offices in Humanities 1st and House 7



MASS at Doheny

Wednesday, Oct. 2,
from 4:45-5:30pm
in Mercy Chapel

Enjoy a Eucharistic celebration
with the community.

<http://www.msmc.la.edu/cm>
campusministry@msmc.la.edu

[@msmc_cm](https://twitter.com/msmc_cm) on Twitter

[Campus Ministry at Mount St. Mary's College](https://www.facebook.com/campusministryatmountstmarys) on Facebook

[msmc_cm#](https://www.instagram.com/msmc_cm/) on Instagram

Doheny LRC Fall 2013 Tutoring Schedule

Tutor	Monday	Tuesday	Wednesday	Thursday	Friday
Miss Chavana Writing	10am – 6pm	10am – 6pm	10am – 6pm	10am – 6pm	10am – 4pm
Sr. Daniel Therese Writing		8:00am – 12:00pm	8:00am – 12:00pm	8:00am – 12:00pm	8:00am – 12:00pm
Josh Helston Math	10:30 – 11:30		10:30 – 11:30		10:30 – 11:30
Dr. Zebboudj Science; Nursing	1:00 – 5:00pm		1:00 – 4:00pm		1:00 – 4:00pm
Ms Livanis Writing		9:00am – 12:200pm	12:40pm – 4:40pm	9:00am – 12:200pm	12:40pm – 4:40pm
Dr. Kodikara Science		1:00 – 2:00	1:45 – 2:45		
Ms. Tregenza Critical Thinking		1:00 – 4:00		1:00 – 4:00	



Doheny Happenings

Upcoming Events for the Traditional A.A. Student
Mount St. Mary's College, Doheny Campus

Volume 41, Issue 7

October 7, 2013

CALENDAR OF EVENTS

Monday, Oct. 7
11:30 Student Ambassadors

Tuesday, Oct. 8

Wednesday, Oct. 9
12:30 Poetry Place
4:00 Halloween Planning
4:45 Prayer Service
7:15 Poetry Place

Thursday, Oct. 10
11:30 Mood Tests
1:00 Halloween Planning
1:00 Study/Test Skills

Friday, Oct. 11
2:00 Board Games



POETRY, PROSE and PIZZA at Doheny

in The Poetry Place (Building 10 parlor)
Join us to share your writing or a
favorite quote or poem or
listen to other's writing.

Looking for students, staff and faculty
who want to commit to reading in
advance, in addition to those who want to
wait until that day to see if
the creative urge strikes :).

Call Gaile at 213-477-2694 or
gkrause@msmc.la.edu.

We hope to highlight some
student artwork also.



**Wednesday, October 9,
12:30—1:30 and
again at 7:15—8:15pm
Free light lunch or dinner**

VOLUNTEERS NEEDED!

Haunted Halloween Campus

To be a volunteer, you must attend at least one of these information sessions:

- . October 9th at 4:00 p.m.
- . October 10th at 1:00 p.m.

Doheny Campus-Building 7, 1st floor

Please contact Maria Lyons at 213-477-2670 for additional information.

**There's a 60% chance
she's totally faking it.**

According to a 2011 survey, 60% of college students reported feeling very sad in the past year.
Stop pretending. Take the first step to healing with an anonymous self-assessment.

Screening site info here:



When: Thursday, October 10th from 11:30am-2:30pm

Where: Ahmanson Commons

Why: Test Your Mood!

For more information, call CPS at x2668



ADVISEMENT PERIOD
for Spring 2014 Semester

October 14th - November 1st

Registration for the Spring 2014 semester begins **November 4th**. Please contact your advisor today to schedule your appointment! If you do not meet with an advisor, a hold will remain on your account and you will be unable to register for Spring 2014 classes.

*****There will be no Drop-In Hours during Advisement Period*****

WHO IS MY ADVISOR?

Students are primarily assigned departmental faculty advisors. Liberal Arts, Pre-Health/Nursing, and Undeclared students at Doheny are assigned advisors in the Advisement Center.

Check **Web Advisor for Students>User Accounts**, for your advisor assignment and contact information.

Location

745 Student Services Bldg., Room 211
213.477.2577
advisement@msmc.la.edu

Hours

Mon-Thurs, 8:00am-4:30pm
Fridays: 7:30am-4:00pm



**Halloween Costume?
Costume Cupboard?
Children's Dress Up?**

Sr. Carol is cleaning out the academic garb closet and selling off some very old baccalaureate gowns. She is asking a donation of \$3 for a gown. See her in Bldg 2 upstairs.

Done with Summer School?

If you took summer school courses at a local community college, be sure to:

1. Follow the articulation agreement found under the Transfer Credit Tab on the Academic Advisement Portal website.
2. Complete and turn in a Transfer of Credit Clearance Form. Transfer of Credit Clearance Forms are located in the Academic Advisement Center.
3. Have your official transcripts from the college that you took summer class mailed directly to the Mount. Until the official transcripts are received, the course cannot be added to your record.
4. Contact Academic Advisement at 213.477.2577 with any transfer course questions.



**JOIN THE TEAM THAT
BELIEVES!**

Student Ambassadors work with high school students and community partners to answer questions about preparation for college, college life, & financial aid. High School Ambassadors act as role models for their students and also provide support to high school counselors and Community Partner representatives.



Interested? Come join our Information Session and learn more about how
You can join the **TEAM that BELIEVES!**

**STUDENT AMBASSADOR
INFORMATION SESSION**



Some things our Ambassadors gain:

- ◆ Become a mentor and support, encourage, and guide students.
- ◆ Inspire and sustain a College-going culture to all students.
- ◆ Become leaders in their community.



When: Monday, October 7, 2013

Where: Doheny-Building 4 Rm: 118

Time: 11:30am-12:30pm

"Every challenge has its
reward"
- Sister Joseph Adele
Edwards.

ANY QUESTIONS? CONTACT MANAGERS:

DOHENY: (310) 954-4106 CHALON: (213) 477-2572

ALBA ARANA: ALBAARAN@MYMSMC.LA.EDU

EYANGELINA ZARAGOZA: EVANZARA@MYMSMC.LA.EDU

Articles for DOHENY HAPPENINGS are due by noon on Wednesday of the week before the issue. The Oct. 14th issue of the Doheny Happenings will be a two week-issue. Send articles to DohenyHappenings@msmc.la.edu.



*Athenian
Promise*

*I will contribute to the
development of a
caring community
where compassion for
others and freedom of
thought and
expression are valued.*

Mid-semester Break

There will be **no classes** for traditional students on
Thursday, Oct. 17, and Friday, Oct. 18.
These are mid-semester break days.
College offices will still be open.



Tutor Schedule UPDATE

Amina Zebboudj	Mondays	1—5
Science, Nursing	Wednesdays	1—4
	Thursdays	1—4

meet her in bldg. 2, first floor, 105F

ISAE/Student Support Services (TRIO)

ATTENTION ISAE STUDENTS

All ISAE Students should meet with their ISAE Counselor and ISAE Peer Advisor by October 25th. Please make sure to schedule your appointments. Thank you.

Doheny ISAE Staff Team

Veronica Martinez (vmartinez@msmc.la.edu)

Virginia Cons (vcons@msmc.la.edu)

Doheny ISAE office in Bldg. 7, 1st Floor Back Offices -
(213) 477-2663

CAMPUS FIRE SAFETY AWARENESS DAY



Doheny Campus
Oct. 23rd
North Lawn
12:30pm-2pm

LEARN HOW TO PREVENT AND SURVIVE A FIRE

Fun

Free Pizza & Refreshments

QR Code Scavenger Hunt

Prizes

Color and Build your own Fire Truck



Sponsored by:
Dept. of Campus Security



Campus Fire Safety Awareness Month

To survive a fire:

- If there is smoke in the room, keep low to the floor.
- Try to exit the room. Feel the door and crack it open. If it is hot, do not exit the room.
- If the doorknob is not hot, brace yourself against the door and crack it open. If there is neat or heavy smoke, close the door and stay in the room.
- Don't panic; call 911 and Campus Security immediately.

Attention! Attention!

THE EARLY CHILDHOOD EDUCATION CLUB

would like to invite you to join us at

our second club meeting

on Thursday, October 24, 2013.

If you did not attend our first meeting, it is not too late to join the club! You just need to bring \$5.00 as your membership fee. We would also like to

invite you to participate in our school supply drive for the month of October. Our goal is to get enough supplies for the Child Development Center, as they are running low. There will be boxes put in various locations for your convenience to donate. Boxes will be located in front of building 745, LRC, Commuter Lounge, Cafeteria, and in front or in building 4. All proceeds will go directly to the class rooms at the Child Development Center. Any little bit helps. Have a great week!



THURSDAY, OCT 10
1:00PM – 2:00 PM
BUILDING 4
ROOM 216

WORKSHOP ON STUDY SKILLS & TEST-TAKING

PRESENTED BY MR. FORTE OF THE LRC AND
ROBIN BISHOP OF THE STUDENT SUCCESS CENTER

Did you know?

You are responsible for your actions



If you are under 21 years old and caught with a fake ID the penalty is a \$250-\$1000 fine and/or community service or up to six months in jail, PLUS a one-year suspension of your driver's license. If you don't yet have one, you'll have to wait an extra year to get one.



If you are under 21 years old and have even a sip of alcohol, and you are caught driving, you'll get a 1-3 year suspension of your driver's license, IN ADDITION to any other applicable tickets, fines and punishments.



NEVER leave your beverage unattended. Date rape drugs can be slipped into a drink and you'd never know it—they are colorless, odorless and almost tasteless.



"Club Drugs" (Ecstasy, Molly, MDMA, etc.) can cause dehydration, heat stroke, overdose, confusion, seizures and death the first time someone uses it, the 10th time, or the 30th time. It can't be predicted. These drugs are illegal and unregulated—you don't know what you're really getting.



Tips for staying safe: Only go to parties, clubs or raves with a trusted friend and watch out for each other. Never leave your drink unattended; always get your own drink, even water; only accept drinks in containers that you open yourself.



Think about how your life would change if you had to face the consequences of being arrested for DUI. How would you pay the fines and medical bills? How would you continue school/work if you're in jail? How would your life change if your actions killed another person?



Recognize you have the right to abstain from drinking or taking drugs. Don't succumb to peer pressure and don't pressure others if they choose not to partake. You should always respect and support a person's decision to abstain and they should do the same for you.

JUST SAY NO!



Join us for our **Healthy Campus Event** **October 22, 2013!**



FOR MORE INFORMATION CONTACT DOHENY STUDENT HEALTH SERVICES AT 213-477-2685

Preparing Women to Lead: MSMC Women's Leadership and the Public Leadership Education Network

2013-2014 PLEN SEMINARS

Women, Law, & Legal Advocacy Seminar

November 14 - 16, 2013

Applications Due: Friday, October 11

Science & Health Policy: Critical Issues

January 6 - 9, 2014

Applications Due: Friday, November 1

SCHOLARSHIPS AVAILABLE!!!

****Note:** Application for the **Women & Policy in the Global Community Seminar** held on May 19-23, 2014 will be available in the Spring.**

PLEN offers the above seminars for female students from across the country to learn about the public policy process. Be inspired as you meet with today's foremost women leaders who will share their experiences and knowledge with you — the women leaders of tomorrow.

Open to Sophomores, Juniors and Seniors with a minimum cumulative GPA of 3.0 and a strong interest in public policy. All majors welcome!!!

Applications are now available online:
<https://orgsync.com/54559/forms/85862>

For more information contact :
Women's Leadership
Chalon
Leavey Commons Ground Floor
(310) 954-4350

Doheny
Building 11 - 2nd Floor
(213) 477-2664

This Week with Campus Ministry



OCTOBER-GAME-FEST

Friday, Oct. 11, 2:00—5:00

Enjoy board games, card games and yummy snacks to celebrate the end of the week.

MASS at Chalon

Sunday, Sept. Oct. 13, at 7:00pm
in Mary Chapel (Chalon)

Everyone, of every religious tradition, as well as family and friends, are invited to join us. Enjoy refreshments after Mass.



Take the **6pm** shuttle to Chalon this Sunday! Return to Doheny by 9pm.

Like to sing? Or play an instrument?

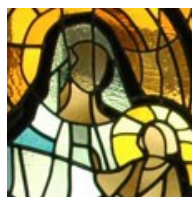
Join the choir for Mass, with practices Wednesday at 4pm and Sunday at 5:45pm. Contact Laura Gomez, Music Director, at 310.954.4124 or lgomez@msmc.la.edu.

COOKIES!

Mon., Oct. 7, at 2pm

They go fast!

CM Offices in Humanities 1st and House 7



Prayer Service

Wednesday,

Oct. 9, 4:45

in Mercy Chapel

Enjoy a Eucharistic celebration with the community.

<http://www.msmc.la.edu/campusministry@msmc.la.edu>

[@msmc_cm](#) on Twitter

[Campus Ministry at Mount St. Mary's College](#) on Facebook

Coming in Spring 2014

EDU 100

**Looking for a challenge
and a way to make a difference in the world?
Looking for a way to share your own curiosity
and love of learning?**

Wondering if you'd enjoy teaching?

**Explore these questions AND
receive one unit of
upper division credit.**



Talk with your advisor about enrolling in EDU 100. Meet once each week; Friday morning; 8:00 a.m. to 9:00 a.m. Offered Spring Semester only.

Meet other students with similar interests and questions.

Open to all interested students.

If questions, call or e-mail Sr. Kieran

Vaughan 213-477-2628 kvaughan@msmc.la.edu

Doheny Happenings

Upcoming Events for the Traditional A.A. Student
Mount St. Mary's College, Doheny Campus

Volume 41, Issue 8

TWO WEEK ISSUE
October 14, 2013

CALENDAR OF EVENTS

Monday, Oct. 14
10:00 Coffee with Commuters

Tuesday, Oct. 15
11:00 Bake Sale

Wednesday, Oct. 16
12:30 Cancer Awareness
1:00 Study Skills (Success Center)

Mid-Semester Break
October 17 and 18, 2013
No AA Classes; College offices open.

Sunday, Oct. 20
7:00pm Mass at Chalon

Monday, Oct. 21
7:00pm Personal Safety

Tuesday, Oct. 22
12:00 Healthy Campus

Wednesday, Oct. 23
11:30 Bake Sale
1:00 Study Skills (Success Center)
4:45 Mass

Thursday, Oct. 24
1:00 ECE Club Meeting

Friday, Oct. 25

Sunday, Oct. 27
7:00pm Mass at Chalon



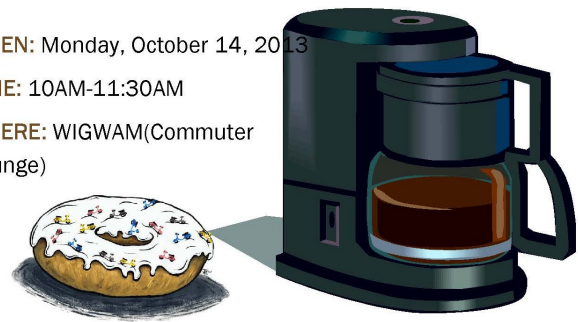
COME OUT AND MEET YOUR ASB COMMUTER SENATORS!

WAKE UP WITH SOME COFFEE, HOT CHOCOLATE, OR TEA

WHEN: Monday, October 14, 2013

TIME: 10AM-11:30AM

WHERE: WIGWAM (Commuter Lounge)



Enter for a chance
to win school
supplies!

COME & ENJOY FRESH BAKERY GOODS

TREAT



CRAFTS

Doheny ASB
Presents
Breast Cancer Awareness Day
Wednesday October 16, 2013
12:30-2:30pm
Mansion Lawn

BAKE SALE

Veteran Outreach Association
Join us in gathering supplies and
donations for the Fisher House
Tuesday, Oct. 15, 11—1
Ahmanson Patio



Raising funds through cupcakes.
Pick from an assortment of Red, White, or Blue Cupcakes

BAKE SALE



For Bag of Success
Wednesday, October 23, 11:30—1:30
Ahmanson Commons
Please Help Us Fundraise

Brought to you by the Student Ambassador Program.

MSMC Healthy Campus 2013!

It's party time...

October 22, 12:00—2:00, South Lawn

Join Doheny student Health Services and PLAY games & WIN great prizes.

Alcohol Changes Everything: Think before you drink!

All participants will receive FREE sunglasses and enter a drawing to WIN Movie Tickets!

ADVISEMENT PERIOD **for Spring 2014 Semester**

October 14th - November 1st

Spring 2014 advisement is currently underway. Don't wait until the last possible moment to schedule an appointment with your advisor. If you do not meet with an advisor, a hold will remain on your account, and you will be unable to register for Spring 2014 classes.

Registration for the Spring 2014 semester begins Nov. 4th.

*****There will be no Drop-In Hours
during Advisement Period*****

WHO IS MY ADVISOR?

Students are primarily assigned departmental faculty advisors. Liberal Arts, Pre-Health/Nursing, and Undeclared students at Doheny are assigned advisors in the Advisement Center.

Check **Web Advisor for Students>User Accounts**, for your advisor assignment and contact information.

Hours

Mon-Thurs, 8:00am-4:30
Fridays 7:30—4
Fridays: 7:30am-4:00pm

Location

745 Student Services Bldg, Rm 211
213.477.2577



Halloween Costume? Costume Cupboard? Children's Dress Up?

Sr. Carol is cleaning out the academic garb closet and selling off some very old baccalaureate gowns. She is asking a donation of \$3 for a gown. See her in Bldg 2 upstairs.

Week Eight: Alcohol Awareness— Fact 1

National Council on Alcoholism and Drug Dependency reports approx. 5,000 young people under the age of 21 die as a result of underage drinking. This includes about 1,900 deaths from motor vehicle crashes, 1,600 as a result of homicides, 300 from suicide, and hundreds from other injuries such as falls, burns, and drowning.

And, approximately 600,000 college students are unintentionally injured while under the influence of alcohol. Approximately 700,000 students are assaulted by other students who have been drinking and about 100,000 students are victims of alcohol-related sexual assault or date rape (from NCADD Fact Sheet: Facts About Underage Drinking).



The Early Childhood Education Club Updates!!

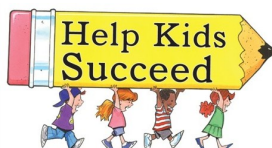
Our next general meeting is

Thursday, October 24, 2013. 1:00-2:00.

Come learn about our new and upcoming events,
fundraisers, and volunteer sites!

We will also be taking our club t-shirt orders!

Members must attend this meeting if you want to participate in our upcoming Secret Santa social! NEW MEMBERS ARE ALWAYS WELCOME! \$5 Membership fee!



Our school supply drive boxes will still be out until the end of October! Please look for the boxes and donate any new or old school supplies! All donations will go to local schools, organizations, and programs in our community!

We will be selling caramel apples at the end of October! \$2 per apple! Make sure to look out for our table sells and treat your sweet tooth!

Doheny Orientation Leader Applications

are now open!!!

Deadline to apply
is Monday, October 28



Applications can be accessed at <https://orgsync.com/54559/forms/87001>

Questions? Contact women's Leadership,
Bldg 11, Second Floor

TIP OF THE WEEK

Did you know that about 80-95% of college students
procrastinate

and about 50% of college students procrastinate consistently and problematically. Virtually, all of us procrastinate. But for some, this may lead to problems. Consider ways to maximize your willpower and nip your procrastination habits:

- Exercise self-discipline.
- Set up realistic goals.
- Perfection is an illusion.
- Find things, people, and events
- Get enough sleep
- Self-regulation depends on available blood glucose.



Chalon office 310-954-4114
Doheny Office 213-477-2668

1-DAY ONLY FLASH SALE

Doheny Bookstore October 29th

Please contact bookstore with any questions.

Look at these Spring 2014 Courses!

MUS 6

Varieties of Music (GS IIIA, VI)

Meet MUS 6 instructor
Ian Pritchard



Mr. Pritchard is thoroughly entertaining in his MUS 6 class. He is accomplished and professionally performs in front of an Audience often. He graduated from Over-

land Conservatory in Ohio and went on to doctoral work in London. He is finishing his doctoral work at USC. He performs on the organ and harpsichord, but can play many other instruments also. He loves teaching music—all eras of music—not only his passion for 16th century but also popular music. He lives with his wife (who is also a performing artist on the cornet) and his 4 month old baby, loves performing in a music group, and wants to help people appreciate music and have fun doing it.

Think about registering for
MUS 6M for Spring: MW 2:20 – 3:50.

EDU 100

**Looking for a challenge
and a way to make a difference
in the world?
Looking for a way to share your
own curiosity
and love of learning?**



Wondering if you'd enjoy teaching?

**Explore these questions AND receive one unit
of upper division credit.**

**Talk with your advisor about enrolling in EDU
100. Meet once each week; Friday morning;
8:00 a.m. to 9:00 a.m. Offered Spring
Semester only.**

**Meet other students with similar interests and
questions.**

Open to all interested students.

If questions, call or e-mail

Sr. Kieran Vaughan 213-477-2628

kvaughan@msmc.la.edu



**Do you speak Spanish but want to
sharpen your Spanish writing skills to enhance your career options?**

SPA 3A

**Accelerated Spanish III 3 units
MWF 11:30—12:30 (GS—IV)**

**Take this course to improve Spanish academic skills and expand cultural aspects of the
Spanish speaking world. Spanish 3A focusses in improving oral and written Spanish skills at the
intermediate level with a cultural component taking the student to a variety of countries where the
language is spoken. You must qualify for this course by passing an oral test.**

**Questions? Dr. Montserrat Reguant, mreguant@msmc.la.edu
Spanish-Latin American Studies, Cultural Studies**

From the Registrar's Office Important Dates

Mid Semester Break Oct. 17 an 18
No AA classes; Offices open

Registration Begins Nov. 4
Check emails for your time to register

Last day to drop (withdraw) a class with a W
November 1

You will need a drop slip, with these signatures:
Your advisor, the instructor, the Business Office, the stu-
dent finance office. Look ahead NOW.

Thanksgiving Holidays Nov. 28 and 29

Final Exams: Dec. 9 through Dec. 12



The Sisters of St. Joseph present DISCERNMENT DAYS

Looking for the way God is leading you in your life?
Wanting answers to the "whats" of your life?
Want to make sense out of all the things you're thinking
about?

Come, listen, pray, share....

Saturdays 10:00am to 4:00pm
includes Mass at 3:30

October 26

November 16

December 14

January 25

Talk to Sr. Carol (bldg. 2) or Sr. Darlene (bldg. 2) for more



Pat Reif Memorial Lecture Series
presents
AMY-JILL LEVINE
on
**Of Sheep, Coins, and Children:
Finding the Lost Meanings of Jesus'
Parables**

Tuesday, Oct. 29, 7—9pm
Rose Hills Auditorium

Book Signing and sale after lecture

This Week with Campus Ministry

MASS at Chalon

Sundays, Oct. 20 and 27, at 7:00pm
in Mary Chapel (Chalon)

Everyone, of every religious tradition,
as well as family and friends, are invited
to join us. Enjoy refreshments after
Mass.



COOKIES!

Mondays, Oct. 14 and 21, at 2pm
They go fast!

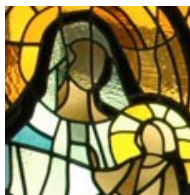
CM Offices in Humanities 1st and House 7



Mass Wednesday,
Oct. 23, 4:45

in Mercy Chapel

Enjoy a Eucharistic celebration
with the community.



<http://www.msmc.la.edu/cm>
campusministry@msmc.la.edu

[@msmc_cm](https://twitter.com/msmc_cm) on Twitter

[Campus Ministry at Mount St. Mary's College](https://www.facebook.com/campusministryatmountstmaryscollege) on Facebook

[#msmc_cm](https://www.instagram.com/msmc_cm) on Instagram

DOHENY Phone: (213) 477-2672 Office: House 7

Our Annual Halloween Haunted Campus at Doheny is just around the corner.

Every single year, MSMC opens up the Doheny campus to thousands and thousands of neighborhood kids and their families as a safe and better alternative for trick-or-treating.

Drop your candy into Halloween decorated boxes around campus.

22,000 pounds? Not impossible. WE CAN DO IT!

For additional information, please contact Maria Lyons in Building 7 or at (213)477-2670.

Sponsored by Commuter Services, Doheny Campus

Congratulations to those who made the

Busy Person's Retreat.

The Sisters felt so honored
to share in such a personal
way with the students. The
students were glad the sisters
were so accommodating to
fit into their schedules.



ISAE/Student Support Services (TRIO)

ATTENTION ISAE STUDENTS

All ISAE Students should meet with their ISAE Counselor
and ISAE Peer Advisor by October 25th. Please make sure
to schedule your appointments. Thank you.

Doheny ISAE Staff Team

Veronica Martinez (mvmartinez@msmc.la.edu)

Virginia Cons (vcons@msmc.la.edu)

Doheny ISAE office in Bldg. 7, 1st Floor Back Offices - (213) 477-2663

GET A KICK OUT OF PERSONAL SAFETY!

Date: Monday, October 21, 2013

Time: 7 PM- 9 PM

Location: Hannon Lounge and Hannon Lawn



**Come join us for a Self-Defense lesson,
make ID pouches and first-aid kits.
Mocktails, food, and raffle prizes will be
provided.**

Hosted by: Residence Life

Hannon 123, Ext 2661



Doheny Happenings

Upcoming Events for the Traditional A.A. Student
Mount St. Mary's College, Doheny Campus

Volume 41, Issue 9

October 28, 2013

CALENDAR OF EVENTS

Monday, Oct. 28

Tuesday, Oct. 29—Book Store Sale

12:00 Bake Sale

7:00 Levine Lecture

Wednesday, Oct. 30

12:00 Bake Sale

1:00 Financial Literacy Workshop

Thursday, Oct. 31

6:00 Haunted Campus

Friday, Nov 1

1:00 All Saints Day Mass

Friday, Nov. 1

**Last day to drop/withdraw from a
class with a W.**



Super!
FINANCIAL LITERACY WORKSHOP

FREE PIZZA!!!

CHALON:
When: Nov. 14, 2013
Time: 1pm-2pm
Where: Hannon Theater

DOHENY:
When: Oct. 30, 2013
Time: 1pm-2pm
Where: Rose Hills Auditorium

The Business & Financial Aid Offices are teaming up!

- ✓ Find out how to manage your CASHNet account!
- ✓ Learn how to read your financial statement!
- ✓ FAFSA: What does it all mean?
- ✓ Health Insurance, Loans, Refunds, oh my!
- ✓ Learn why your account is on hold & how to prevent it!

PLEASE RSVP: KLOWE@MSMC.LA.EDU

Pat Reif Memorial Lecture Series presents

AMY-JILL LEVINE

on

**Of Sheep, Coins, and Children:
Finding the Lost Meanings of Jesus'
Parables**

Tuesday, Oct. 29, 7—9pm
Rose Hills Auditorium

Book signing and sale after lecture



Get into the Halloween Spirit of **TREATING**
thousands of neighborhood children
all dressed up to impress you.

Bring on the little kids for
the Haunted Halloween Campus
Thursday, October 31, 6:00 p.m.—8:00 p.m.

Don't let us run out of candy
DONATE TODAY!
Wrapped candies, please.
Bring Candy to boxes on campus or bldg. 7.



ADVISEMENT PERIOD **for Spring 2014 Semester**

October 14th - November 1st

Spring 2014 advisement is currently underway. Don't wait until the last possible moment to schedule an appointment with your advisor. If you do not meet with an advisor, a hold will remain on your account, and you will be unable to register for Spring 2014 classes.

Registration for the Spring 2014 semester begins Nov. 4th.

*****There will be no Drop-In Hours during Advisement Period*****

WHO IS MY ADVISOR?

Students are primarily assigned departmental faculty advisors. Liberal Arts, Pre-Health/Nursing, and Undeclared students at Doheny are assigned advisors in the Advisement Center.

Check **Web Advisor for Students>User Accounts**, for your advisor assignment and contact information.

Hours

Mon-Thurs, 8:00am-4:30
Fridays 7:30-4
Fridays: 7:30am-4:00pm

Location

745 Student Services Bldg, Rm 211
213.477.2577
advisement@msmc.la.edu



Doheny Orientation Leader Applications are now open!!
Deadline to apply is
Monday, October 28

Applications and Questions? Contact
Women's Leadership, Bldg 11,
Second Floor

Week Ten: Alcohol Awareness

National Council on Drug Dependency reports Underage alcohol use increases the risk of physical and sexual assault, academic failure, illicit drug use, and tobacco use; and can cause a range of physical consequences, from hangovers to death from alcohol poisoning. It can cause alterations in the structure and function of the developing brain, which continues to mature into the mid- to late- twenties, and may have consequences reaching far beyond adolescence. (U.S. Department of Health and Human Services, Office of the Surgeon General. March 2007. *The Surgeon General's Call to Action To Prevent and Reduce Underage Drinking.*)



Tip of the Week **Get on a Digital Diet**

An average American checks their cell phone 150 times a day. This translates to once every 6.5 minutes you're awake, not including the extra social media we follow.

Not only does phone use distract us from our everyday activities, it makes it more difficult to connect to our friends, family, and loved ones in person.

So try the digital diet for just a week! Connectedness is at stake!

1. Play "phone stack" with your friends at dinner. First one to reach for their phone loses (and buys dessert)!
2. Experience something first, post about it later. We love Instagram, but it's all about #latergram
3. Leave your phone behind when you can (try an hour a day)!
4. Establish a "tech break" every few hours to catch up on social media for a few minutes.
5. Don't take out your phone just because you're bored. Take in the scenery, chat with a neighbor, or maybe some good old fashioned daydreaming!



Counseling and Psychological Services

Chalon office phone: (310) 954-4114
Doheny office phone: (213) 477-2688



The Early Childhood Education Club

CARAMEL APPLE SALE!

Come treat your sweet tooth to a delicious *green apple*, coated with *caramel* and *nuts* for only \$2!

Tuesday, October 29th AND
Wednesday, October 30th, 2013.

12:00 – 2:00 pm in front of the cafeteria and
3:00-5:30 pm in front of the pick up gate at our
Child Development Center both days!



1-DAY ONLY **FLASH SALE**

Doheny Bookstore October 29th

Please contact bookstore with any questions.

Want to learn how to do a Breast or Testicular Exam?



Appointments available in Student
Health Services during the month of
October for all eligible students

No disrobing necessary!

**"Don't be shy,
ask us why!!"**

FREE GIFT to all participants!

Chalon 310-954-4110
Doheny 213-477-2685

healthy campus  **2013**
events sponsored by student health services

Look at these Spring 2014 Courses!

Varieties of Music: Mus 6 / 106

Need GS credit? Love music? Ever want to learn more about it..?



This class will introduce you to the basics! We will study music by the greats -- from Bach to the Beatles to Beyoncé -- in order to understand the craft of music. We will also explore ways in which music works within its cultural and social environments, and the way it functions as a fundamental part of human expression.

No prior musical experience needed!

Note: While this class focuses on Classical music, we will study many other genres as well!



Mus 6 / 106 Varieties of Music

Doheny Campus: M / W 3:00 - 4:30

For more information, contact

ipritchard@msmc.la.edu

Do you speak Spanish but want to sharpen your Spanish writing skills to enhance your career options?



SPA 3A

Accelerated Spanish III 3 units

MWF 11:30—12:30

(GS—IV)

Take this course to improve Spanish academic skills and expand cultural aspects of the Spanish speaking world. Spanish 3A focusses in improving oral and written Spanish skills at the intermediate level with a cultural component taking the student to a variety of countries where the language is spoken. You must qualify for this course by passing an oral test.

Questions? Dr. Montserrat Reguant, mreguant@msmc.la.edu

Spanish-Latin American Studies, Cultural Studies

ISAE/Student Support Services (TRIO)

ISAE Event: Lion King Musical:

ISAE goes to see LION KING on Thursday, November 21st. Sign-ups begin on Monday, November 4th, at 9:00am in the ISAE Office. Please don't forget to bring your \$20 refundable deposit with you to sign-up. For all information on sign-up requirements, please check your email.

From the Registrar's Office
Important Dates



Last day to drop (withdraw) from a class with a W **Friday, November 1**

You will need a drop slip, with these signatures: Your advisor, the instructor, the Business Office (and pay \$12), and the Student Finance Office.

Plan ahead; get signatures early.

Registration Begins Nov. 4
Check emails for your time to register

Black Out Week Nov. 11—16
No one can register. Department chairpeople look at waitlists and under-enrolled classes.

Registration re-opens Nov. 17

Thanksgiving Holidays Nov. 28 and 29

Final Exams: Dec. 9 through Dec. 12

The Early Childhood Education Club

Our new fundraiser for this month is our:

Holiday Toy Drive

Please donate any *new* or *old* toys in the boxes around campus. The boxes will be out November 4th—21st. All toys will be wrapped and given to different organization and program causes. Anything donated will make a difference! Help bring a *little joy* for the children that need it most at this time of the year.

Our next general meeting

(last meeting of the fall semester):

Thursday, November 21, 2013

Please bring in your **t-shirt order** payments!

We will be making **Holiday Cards** for the children in Children's Hospital of LA and OC.

And don't forget to bring in your **Secret Santa Gift!**

All new members are always welcome.

This Week with Campus Ministry

HAUNTED MAZE on the Haunted Campus

Oct. 28 through

Halloween night, Thursday, October 31, 6pm-9pm
Campus Ministry needs help setting up the haunted maze at Doheny. Please contact Campus Ministry to sign up and for more information.

MASSSES of REMEMBRANCE

We will remember your loved ones in a special Mass of Remembrance on **Sunday, Nov. 3, at 7:00pm in Mary Chapel** on the Chalon campus, and on **Wednesday, Nov. 6, at 4:45pm in Mercy Chapel** on the Doheny campus. You are especially invited to take part in these Masses, to pray for your loved ones, and pray for others in the MSMC community who have lost loved ones.



COOKIES!

Mondays, Oct. 28, at 2pm

They go fast!

CM Offices in Humanities 1st and House 7



Send us the NAMES of your loved ones who have died

Monday, Oct. 28 – Wednesday, Oct. 30

In the month of November, we remember in prayer the members of the Mount community who have died: our staff, faculty, Sisters, students, alums, friends and family members. We invite you to share the names of your loved ones who have died during the period of **November, 2012 through November, 2013;** we will then post their names in our campus chapels.

Send us the names at this web page:

<http://www.msmc.la.edu/student-life/spiritual-life/campus-ministry/deceased-loved-ones.asp>

PICNIC with GOD in the Gazebo

Thursdays, Nov. 7 and 21,
from 10:30- 11:30 am

Come and enjoy a moment of peace and prayer and snacks.



SPIRIT IN PRACTICE

Wednesdays, Nov. 13 and 27, from 3:00 - 4:00 pm

Meet for the first one in the Campus Ministry office
Come and grow in your spirituality with some simple prayer experiences and sharing.

<http://www.msmc.la.edu/campusministry@msmc.la.edu>

[@msmc_cm](#) on Twitter

[Campus Ministry at Mount St. Mary's College](#) on Facebook

[msmc_cm#](#) on Instagram

DIA de los MUERTOS Celebration

Monday, Nov. 4, from
11am – 2pm or 8 – 10pm



You are invited to participate in Campus Ministry's Dia de los Muertos Celebration. If you have a break between 11AM-2PM, stop by the **lawn of**

House 7 to decorate a **handmade sugar skull**.

Learn more about this Mexican tradition, and why it is so important.

Enjoy pan dulce and cookies!

If you are unable to join our afternoon gathering, feel free to stop by **Casa Magnifica** (House 20) from 8-10PM for an evening of sugar skull decorating, yummy snacks, and companionship.

Also, you are encouraged to bring a picture of a deceased loved one to place on our **community altar**, which will be on display in the Chapel during this time, sponsored by Ana Grande's "Women's Spiritual Journeys" class.

Help the Sisters of St. Joseph at their HOLIDAY BOUTIQUE

November 2 and 3

Students are needed to help with the annual Holiday Boutique at the Carondelet Center (by the Chalon Campus) with our Sisters of St. Joseph. Many wonderful handicrafts for sale – come and work

AND do some Christmas shopping!

Please call Chalon Campus Ministry at 310-954-4125 to sign up and for more information. All are welcome!



ALL SAINTS' WEEK

Nov. 1-8

Celebrate the saints we've heard of, the ones we haven't and the ones we've known from our own lives at a Mass.

Tell us who your favorite saint is and we'll see who is the most popular this year!
Look around for saints you know and saints you don't!
and watch for a Saint of the Day email.



All Saints' Day MASS at Doheny

Friday, November 1, 2013, from 1pm – 2pm
Enjoy a Saint cake afterward!

Doheny Happenings

Upcoming Events for the Traditional A.A. Student
Mount St. Mary's College, Doheny Campus

Volume 41, Issue 10

November 4, 2013

CALENDAR OF EVENTS

Monday, Nov. 4	
11:00am	Dia de los Muertos
8:00pm	Dia de los Muertos
Tuesday, Nov. 5	
11:30	Favorite Saint
Wednesday, Nov. 6	
	Sophomore Registration
12:30	LAT Mentoring
4:45	Mass of Remembrance
6:30	Moral Injury
Thursday, Nov. 7	
	Freshman Registration
10:30	Prayer at Gazebo
7:00	Marcos Villatoro
Friday, Nov. 8	
Saturday, Nov. 9	
1:30	Homecoming



DIA de los MUERTOS Celebration

Monday, Nov. 4, from
11am – 2pm or 8 – 10pm

You are invited to participate in
Campus Ministry's Dia de los
Muertos Celebration. If you
have a break between 11AM-
2PM, stop by the **lawn of**

House 7 to decorate a **hand-**

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Enjoy pan dulce and cookies!

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Also, you are encouraged to bring a picture of a
deceased loved one to place on our **community**
altar, which will be on display in the Chapel
during this time, sponsored by Ana Grande's
"Women's Spiritual Journeys" class.



The Early Childhood Education Club

Our new fundraiser for this month is
our:

Please donate any *new* or *old* toys in the
boxes around campus. The boxes will be
out November 4th – 21st. All toys will be
wrapped and given to different organization and program
causes. Anything donated will make a difference! Help bring
a little joy for the children that need it most at this time of the
year.

**Holiday
Toy Drive**



VOTE for Your Favorite Saint



Tuesday, Nov. 5, 2013

from 11:30 – 2:00pm

in front of the cafeteria.

Vote for your favorite saint
and receive a little goodie!

Homecoming is about

SCHOOL PRIDE!

Free Food! Free Candy! Lots of Fun!

Compete for a chance to win **\$100!!**

Saturday, November 9, in the Circle

1:30 PM—5:00 PM

Register at: www.msmcalums.la.edu/2013student

#MSMCHome

Tag us **@msmcla**

HOORAY! MOUNT ST. MARY'S COLLEGE LOS ANGELES
HOMECOMING 2013 | NOVEMBER 9

Information Session LOS ANGELES TEAM MENTORING

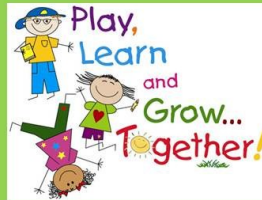
Learn about a great volunteer opportunity working with middle school kids.



Where: Doheny, Room 117 LATM

When: Wed, Nov. 6th

Time: 12:30-1:30



THANK YOU....FOR HALLOWEEN EXTRAVAGANZA!



Thank you to
Maria Lyons,
staff,
students, par-
ents, friends
who put in
hours

decorating our campus, participated in Hallow-
een

activities that
evening, and

spent hours
cleaning up.

You are great

and make us

so proud of

being MSMC



Using sunscreen in the Fall and Winter is still necessary: cancer causing UVA rays from sunlight remains constant all year



Use at least 30 SPF sunscreen that contains both UVA & UVB protection whenever planning to be outdoors for more than 15 minutes



Pay a little extra for the "non-comedogenic" sunscreen: it is non-greasy and won't clog your pores, cutting down the chance of break outs



Sun protection is also necessary for your eyes - choose a pair with both UVA & UVB protection



AVOID the use of tanning beds, which exposes you to direct UVA rays that are especially damaging



FOR MORE INFORMATION CONTACT STUDENT HEALTH SERVICES AT 310-954-4110 and 213-477-2685

Emergency Preparedness



How prepared are you in the event of a major emergency on campus? There's no warning when an emergency will happen and it's important to be prepared. Depending on the emergency there may be a time when staying on campus is the safer option.

And having items such as an emergency kit can make all the difference during an emergency. Emergency kits can be purchased in many stores and will include items such as water, flashlight, blanket, food, first aid kit, etc. But tailoring a kit to your specific needs is key. So if you have an emergency kit make sure you include items that will make you comfortable during an emergency. For a complete list of recommended items for your emergency kit, please visit the Dept. of Campus Security Portal page and click on the ready.gov link.

Fisher House Supply Drive

Please help donate and contribute to the Fisher House Supply Drive starting now and ending November 7th at 6pm. Box A will be located at Hannon Patio. Box B will be located at Ahmanson Patio. All boxes are bright yellow!

Sponsored by the Veteran Outreach Association. Please email at msmc.voa@gmail.com or call at 213-864-6034.



Distinguished Voices in Writing Speaker Series Continues with Marcos McPeck Villatoro

SPEAKER SERIES continues on Thursday, Nov. 7, 7:00pm with Marcos McPeck Villatoro reading from his poetry and fiction! Rose Hills Auditorium



Marcos has written six novels, two collections of poetry and a memoir. He holds the Fletcher Jones Endowed Chair of Writing at MSMC and teaches English classes at the Chalon Campus.



From the Registrar's Office Important Dates

Registration Begins Nov. 4
Nov. 4 Seniors
Nov. 5 Juniors
Nov. 6 Sophomores
(at least 30 completed units)
Nov. 7 Freshmen
Nov. 8-10 OK to register for Chalon courses
Check emails for your time to register

Black Out Week Nov. 11—15
No one can register. Department chairpeople look at waitlists and under-enrolled classes. Waitlists are resolved.

Registration re-opens Nov. 15, 6 pm

Thanksgiving Holidays Nov. 28 and 29

Final Exams: Dec. 9 through Dec. 12



CPS

C: (310)954-4114
D: (213)477-2668
M-Th: 8:30-5p
F: 8:00-4:30p



Tip of the Week

5 habits of highly successful people:

1. Remember that each person has their own perspective in life.
2. Be curious & interested in others & in your experiences.
3. Be present & in the moment.
4. Choose to listen & respond to others.
5. Don't take things personally.

CPS offers up to 12 **FREE** and **CONFIDENTIAL** sessions for full time undergraduate, RN to BSN, DPT and Accelerated Nursing students. Make an appointment for group, couples, or individual counseling.

COUNSELING AND PSYCHOLOGICAL SERVICES

Athenian Promise



I will contribute to the development of a caring community where compassion for others and freedom of thought and expression are valued.

The Early Childhood Education Club

Our next general meeting
(last meeting of the fall semester):
Thursday, November 21, 2013

Please bring in your **t-shirt order** payments!
We will be making **Holiday Cards** for the children in Children's Hospital of LA and OC.
And don't forget to bring in your **Secret Santa Gift!**
All new members are always welcome.

Thank you, Mount community, for all your support in our Caramel Apple Sale Fundraiser! We planned on selling them for two days, but we sold all our apples on our first day! We apologize if you were not able to buy an apple! Thank you again for all your support, and make sure to look for our next fundraiser!

Mass of Remembrance Discussion and Dinner

Location: Doheny, Building 10, Conference Room 2

Date: November 6, 2013

Time: 6:30-8:30 p.m.

What is Moral Injury?

Moral injury has been defined as an act of serious transgression that leads to serious inner conflict because the experience is at odds with deeply held ethical/moral beliefs and expectations. Military personnel serving in war are confronted with ethical and moral challenges and upon returning home, many service-members and their families are facing journeys that require physical, social and spiritual healing.

Special Guest!

Nathan Graeser MDiv, MSW is a Battalion Chaplain at the 1-144th Field Artillery Battalion located in California and has been a Chaplain for 13 years. He also works with the Center for Innovation and Research on Veterans and Military Families (CIR) University of Southern California School of Social Work.

Discussion lead by Cpt. Graeser immediately following "Mass of Remembrance"

Sponsored By: Your Veteran Outreach Association in

Partnership with Campus Ministry

Please RSVP at msmc.voa@gmail.com

eats limited and supper will be provided.



This Week with Campus Ministry



MASS of REMEMBRANCE

We will remember your loved ones in a special

Mass of Remembrance on **Wednesday, Nov. 6, at 4:45pm** in **Mercy Chapel** on the Doheny campus.

You are especially invited to take part in these Masses, to pray for your loved ones, and pray for others in the MSMC community who have lost loved ones.

SUNDAY MASS

Mass in Mary Chapel at Chalon
Sunday, Nov. 10, 7:00pm
Shuttle leaves at 6:00pm



COOKIES!

Mondays, Nov. 4, at 2pm

They go fast!

CM Offices in Humanities 1st and House 7



PICNIC with GOD in the Gazebo

Thursdays, Nov. 7 and 21,
from 10:30- 11:30 am

Come and enjoy a moment of peace and prayer and snacks.



SPIRIT IN PRACTICE

Wednesdays, Nov. 13 and 27, from 3:00 - 4:00 pm
Meet for the first one in the Campus Ministry office
Come and grow in your spirituality with some simple prayer experiences and sharing.

SERVICE Experience through Chalon CM

Saturday, Nov. 16

Campus Ministry is arranging a trip to the

Downtown Women's Center on

Saturday, November 16th

to sort clothing for the homeless women taking shelter at this facility. We have 5 spaces available. Please leave a \$10.00 refundable deposit in the Chalon Campus Ministry office to hold your spot if you are interested in this service project.

<http://www.msmc.la.edu/cm>

campusministry@msmc.la.edu

[@msmc_cm](#) on Twitter

[Campus Ministry at Mount St. Mary's College](#) on Facebook

[msmc_cm#](#) on Instagram

DOHENY Phone: (213) 477-2672 Office: House 7

POETRY, PROSE and PIZZA at Doheny



in The Poetry Place
(Building 10 parlor)
Join us to share a
visual art
and spoken word
experience:

poetry, stories,
quotes and visual
arts!

Join us next time to share your writing
or listen to other's writings.

7:15-8:15PM

Tuesday, November 12

Free Light Dinner

12:30-1:30PM

Wednesday, November 13

Free Light Lunch

Doheny Happenings

Upcoming Events for the Traditional A.A. Student
Mount St. Mary's College, Doheny Campus

Volume 41, Issue 11

November 11, 2013

CALENDAR OF EVENTS

Monday, Nov. 11

11:00 Veteran Outreach

Tuesday, Nov. 12

11:30 Disaster Preparedness

7:15 Poetry & Pizza

Wednesday, Nov. 13

12:30 Poetry & Pizza

3:00 Spirit in Practice Prayer

4:45 Prayer Service

Thursday, Nov. 14

Friday, Nov. 15

Sunday, Nov. 17

7:00pm

Sunday Mass

At Chalon's Mary Chapel

WW



Yellow Ribbon Event!

Sponsored by: **Veteran Outreach Association**
When: Monday, November 11, 2013
Where: Doheny, Ahmanson Patio
Chalon, Hannon Patio
Time: 11:00am-12:30pm

❖ Join the VOA club members as they pass out individual yellow ribbons to students and staff in order to create awareness on campus of the growing veteran population.

Associated Student Body Thanksgiving Food Drive

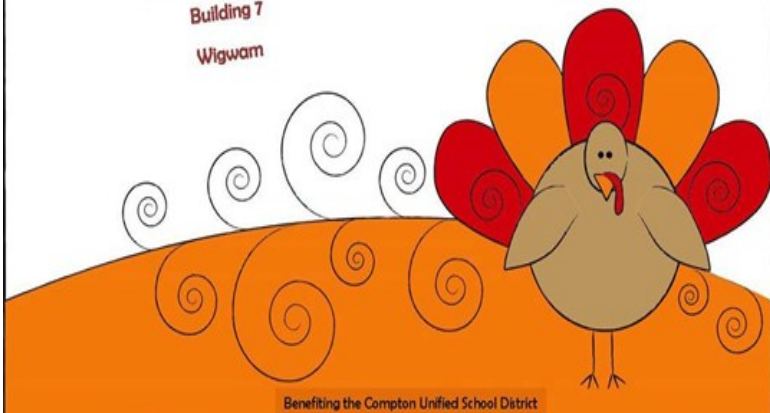


Bring your non-perishable, Thanksgiving related food, cans preferred, to help 1500 homeless children from the Compton Unified School District!

Donation boxes are located in:
Women's Leadership Office

Building 7
Wigwam

Deadline to donate is
Friday, November 15th



Benefiting the Compton Unified School District

POETRY, PROSE and PIZZA



in The Poetry Place
(Building 10
parlor)
Join us to share a
visual art
and
spoken word
experience:

poetry, stories,
quotes and visual arts!

Join us next time to share your writing
or listen to other's writings.

7:15-8:15PM

Tuesday, November 12

Free Light Dinner

12:30-1:30PM

Wednesday, November 13

Free Light Lunch

Things Every Woman (and Man) Should Stop Doing
Feeling like an impostor when you accomplish something. Sometimes we can feel like “impostors”, often doubting whether we deserve the successes we achieve. Start acknowledging your accomplishments.

Comparing your real life to someone else’s virtual one. Spending a ton of time obsessing over your own online life can be anxiety-provoking -- but so can obsessing over *other* peoples’ virtual personas. Facebook addiction is related to lower self-esteem. And who wouldn’t feel bad sitting in bed on a Monday night scrolling through your ex’s vacation photo album or the enthusiastic statuses your friend posted during a party? Just close your laptop and enjoy the present. At least it’s real.

Holding on to regrets and guilt. Guilt and regret are two emotions that usually serve to torture the person feeling them. Acknowledge your regrets and guilt, and then move on to the best of your ability.

Fearing the label “crazy.” There is no easier way to discredit a woman’s opinion or feelings than to accuse her of being overly emotional. The idea that women are “crazy” or “over emotional is connected to the slow and steady drumbeat of women being undermined and dismissed, on a daily basis.” Being scared of the label only encourages women to silence themselves. Plus, everyone has a little bit of crazy inside of them -- regardless of gender.



Chalon office phone: (310) 954-4114
 Doheny office phone: (213) 477-2668

ISAE/Student Support Services (TRIO)

ISAE Event: Lion King Musical:

ISAE goes to see LION KING on Thursday, November 21st. You can sign-up at the ISAE Office. Please don't forget to bring your \$20 refundable deposit with you to sign-up. For all information on sign-up requirements, please check your email.



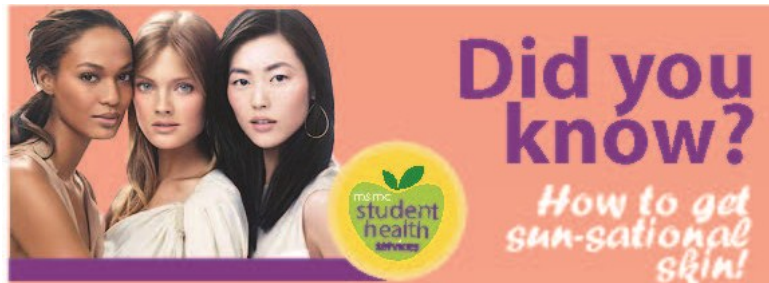
All Doheny ISAE Students should meet with their ISAE Counselor and ISAE Peer Advisor by **November 25th**. Please call or stop by the ISAE office to schedule an appointment with your Counselor and contact your Peer Advisor directly to arrange an appointment with them.

Doheny ISAE Staff Team

Veronica Martinez (mvmartinez@msmc.la.edu)

Virginia Cons (vcons@msmc.la.edu)

Doheny ISAE office in Bldg. 7, 1st Floor Back Offices -



Did you know?
How to get sun-sational skin!



“Beauty rest” is not a myth: inadequate sleep can lead to reduced skin health and accelerated skin aging



Using foundation make-up daily can cause problems with oily/acne prone skin unless you avoid ingredients that may irritate or clog pores, such as: lanolins, red cosmetic dyes, isopropyl myristate, talc and bismuth. Look for the “non-comedogenic” label.



Look for foundations that contains SPF, to get sun protection and coverage in one product



Never sleep with your make-up on: wash it off or use cleansing cloths to allow your skin to recover from the damages of the day



For In-grown hair problems - use electric shavers or single blade razors to prevent too close of a shave & exfoliate to keep pores open, so hairs can regrow straight



FOR MORE INFORMATION CONTACT STUDENT HEALTH SERVICES AT 310-954-4110 and 213-477-2668



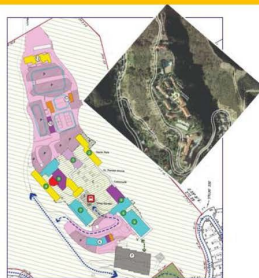
Holiday Season Safety- Tip 1

With the Holiday’s rapidly approaching it’s important to remember safety when you are out shopping for family and friends. Take a few precautions before hitting those sales. Carry only items that you will need. Don’t take all your credit cards and only carry the amount of cash you will need. Avoid taking a purse if possible and carry your wallet in your front pocket. If you need to use an ATM, use one in a very well-lit public place or inside the shopping mall. Try to park close to your destination and stay away from parking by bushes or anywhere someone can surprise you when you come back to your vehicle. If you feel you are being followed back to Campus, inform Campus Security immediately.

Safety Tips are brought to you by Dept. of Campus Security.
 Stay Informed, Stay Alive

Mount St. Mary's College

Master Plan Campus Forums



Join us for our 1st Campus Forum!

Mount St. Mary's is embarking on a new Master Plan that will guide the development of our campuses over the next 5 to 10 years.

This is a very exciting time as we plan for the vision and growth of our College.

We would like to invite all Mount students, faculty and staff to one of the three forums below. Your input is very important to us! Lunch will be served. And come meet AC Martin, the architectural firm behind the Master Plan!

*Weekend College & Grad Program—
this one's for YOU!*

Saturday, November 16th, 11:30am – 1:30pm

@ Building 10 Parlor, Doheny

Monday, November 18th, 11am – 1pm

@ Campus Center, Chalon

Monday, November 18th, 5 – 7pm

@ Donohue Center, Doheny



Please RSVP to Su-yin Kok, skok@msmc.la.edu because she is planning lunch/dinner and needs to know the numbers.

If you are not able to attend the full two hours, we encourage you to still stop by and stay for as long as you can.

From ACADEMIC ADVISEMENT



The Spanish Experience:
Medieval to
Contemporary Spain:
July 6-July 16, 2014

Take an unforgettable trip to Spain and experience the culture and history of Barcelona, Madrid, Toledo, and Montserrat.

Learn More:

Info Session here at Mount St. Mary's College

Date: Tuesday, November 12, 2013

Time: 5:00 pm

Location: Chalon, Campus Center SW

Drop in hours: M-F 10—11 and 1—2
Please make an appointment 213-477-2577

745 Student Services Bldg.,
Room 211
213.477.2577

Hours
Mon-Thurs, 8:00am-4:30
Fridays: 7:30am-4:00pm

Disaster Preparedness Pre-Order Form

Be Prepared for
Earthquakes • Fires • Floods • Storms • Heat Waves • Emergencies



SOS Emergency Supply Sale
Tuesday, Nov. 12th 11:30—1:30
Ahmanson Commons

From the Registrar's Office Important Dates

Black Out Week Nov. 11—15

No one can register. Department chairpeople look at waitlists and under-enrolled classes. Waitlists are resolved.

Registration re-opens Nov. 15, 6 pm

Thanksgiving Holidays
Nov. 28 and 29

Final Exams:
Dec. 9 through Dec. 12



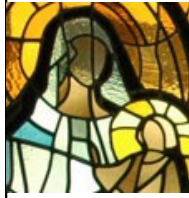
The Early Childhood Education Club

Our next general meeting
(last meeting of the fall semester):
Thursday, November 21, 2013

Please bring in your **t-shirt order** payments!
We will be making **Holiday Cards** for the children in Children's Hospital of LA and OC.
And don't forget to bring in your **Secret Santa Gift!**
All new members are always welcome.

Articles for DOHENY HAPPENINGS are due by noon on Wednesday of the week before the issue. Send articles to DohenyHappenings@msmc.la.edu.

This Week with Campus Ministry



PRAYER SERVICE

Wednesday, Nov. 13, from 4:45-5:15pm
in Mercy Chapel

Take a few minutes for prayer at this student-led service of Scripture and reflection!



SUNDAY MASS

Mass in Mary Chapel at Chalon
Sunday, Nov. 17, 7:00pm
Shuttle leaves at 6:00pm



COOKIES!

Mondays, Nov. 11, at 2pm
They go fast!

CM Offices in Humanities 1st and House 7

PICNIC with GOD in the Gazebo

Thursdays, Nov. 21,
from 10:30- 11:30 am

Come and enjoy a moment of
peace and prayer and snacks.



SPIRIT IN PRACTICE

Wednesdays, Nov. 13 and 27, from 3:00 - 4:00 pm

Meet for the first one in the Campus Ministry office
Come and grow in your spirituality with some
simple prayer experiences and sharing.

SERVICE Experience through Chalon CM

Saturday, Nov. 16

Campus Ministry is arranging a trip to the
Downtown Women's Center on

Saturday, November 16th
to sort clothing for the homeless women taking shelter at this facility. We have 5 spaces available.
Please leave a \$10.00 refundable deposit in the Chalon Campus Ministry office to hold your spot if you are interested in this service project.

Taize Prayer Service

Monday, Nov. 25

Time: 7-8pm

Gather with others to pray around the cross, lay
your burdens at the foot of the cross.
Refreshments following.

<http://www.msmc.la.edu/cm>
campusministry@msmc.la.edu
[@msmc_cm](#) on Twitter
[Campus Ministry at Mount St. Mary's College](#) on Facebook
[msmc_cm#](#) on Instagram

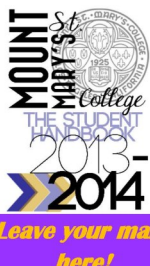


Athenian Promise

*I will honor,
challenge and
contribute to the
scholarly heritage left by
those who preceded me and
work to leave this a better
place for those who follow.*

Student Handbook Cover Contest

*This could
be
your
chance
to win
\$100!*



**Complete and
submit your
design by
Friday,
February
28**

Applications now
available in Student
Programming and
Commuter Services

H200A



Contact:

310.954.4120

studentprogramming@msmc.la.edu

SPRING 2014 MSMC Doheny Fitness Classes

PILATES MAT

-M / W 11:30am - 12:30pm

ZUMBA

-M / W 6 - 7pm

COURT SPORTS

-T / Th 4 - 5pm

HIP HOP

-T / Th 6:30 - 7:30pm

Doheny Happenings

Upcoming Events for the Traditional A.A. Student
Mount St. Mary's College, Doheny Campus

Volume 41, Issue 12

November 18, 2013

CALENDAR OF EVENTS

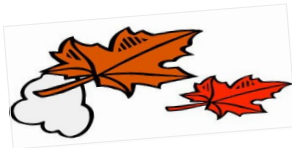
Monday, November 18
5:00 Campus Forum

Tuesday, November 19

Wednesday, November 20
11:30 Bake Sale
4:45 Mass

Thursday, November 21
10:30 Gazebo Prayer
1:00 ECE Club Meeting
3:00 Caramel Apple Sale

Friday, November 22



College personnel want YOUR input on what they have planned for the campuses—both Chalon and Doheny. Come and hear about the new plans, give your opinion, see what will happen in the years you're at MSMC.

Lunch/dinner will be provided.

Mount St. Mary's College

Master Plan Campus Forums



Join us for our 1st Campus Forum!

Mount St. Mary's is embarking on a new Master Plan that will guide the development of our campuses over the next 5 to 10 years.

This is a very exciting time as we plan for the vision and growth of our College.

We would like to invite all Mount students, faculty and staff to one of the three forums below. Your input is very important to us! Lunch will be served. And come meet AC Martin, the architectural firm behind the Master Plan!

Monday, November 18th, 11am – 1pm
@ Campus Center, Chalon

Monday, November 18th, 5 – 7pm
@ Donohue Center, Doheny



If you are not able to attend the full two hours, we encourage you to still stop by and stay for as long as you can.

Snow Down and Relax!

De-Stress Day
Tuesday, November 26th
Donohue Center - 11:00am-2:00pm

Get a relaxing Massage (must make an appointment)

Make your own Snow Globe
*Enjoy refreshments and nail painting**

For FREE massage appointments
Call Health Services:
213-477-2685
(Starting Monday, Nov. 18th)

Sponsored by
Health Services
and
Counseling &
Psychological Services



ECE CLUB SELLS

CARAMEL APPLES

For those of you that missed your chance to buy a **caramel apple** during our sale, WE ARE SELLING THEM AGAIN!

Thursday, November 21, 2013.

Outside the Child Development Center on the left side gate, from **3:00pm – 5:30pm**. Come treat your sweet tooth to a delicious green apple, coated with caramel and sugar flakes for only \$2! Make sure you grab one before they are all gone!



STUDENT SUCCESS CENTER DISCUSSION GROUPS

Time? 1pm – 2pm

WHEN? EVERY THURSDAY

WHERE? BUILDING 2 ➔



Join us every Thursday to talk about topics that will help you succeed in college. You will be able to talk with your classmates about what is working for you & share your strategies with each other.

GRAB YOUR LUNCH AND BRING IT!
DESSERT AND COFFEE PROVIDED 😊

Not able to make it Thursdays 1-2?
We will also hold discussion groups
on **select Wednesdays from 12:45-1:45.**
Upcoming Wednesday discussions: Nov. 6th, 20th, & Dec 4th.

Bake Sale For Bag of Success

Wednesday November 20, 2013

Ahmanson Commons
from 11:30am – 1:30pm



PLEASE HELP US FUNDRAISE
Brought to you by the Student Ambassador Program

ISAE/Student Support Services (TRIO)

ATTENTION ISAE STUDENTS

ISAE Freshmen should have already met with their ISAE Counselor (including the ISAE Program Orientation) and ISAE Peer Advisor a total of 3 times by November 25th. ISAE Sophomores should have met with their ISAE Counselor and ISAE Peer Advisor twice by November 25th. All ISAE Students should also have completed a total of 2 events for ISAE cultural enrichment credit.

Doheny ISAE Staff Team

Veronica Martinez (mvmartinez@msmc.la.edu)

Virginia Cons (vcons@msmc.la.edu)

Doheny ISAE office in Bldg. 7, 1st Floor Back Offices –
(213) 477-2663

President Ann McElaney-Johnson invites you and your family to join us in celebrating the holiday season

Saturday,
December 7, 2013
2:00 to 4:00 p.m.



Doheny Mansion
10 Chester Place
Los Angeles 90007

Mansion lectures by Don Sloper, author of "Chester Place" •
Carolers in turn-of-the-century costumes •
Self-guided Mansion tours • Tasty treats

RSVP to Dionna Watson at dwatson@msmc.la.edu or 213.477.2962

**MOUNT
ST. MARY'S
COLLEGE**
LOS ANGELES

Student Handbook Cover Contest

This could
be
your
chance
to win
\$100!



Complete and
submit your
design by
Friday,
**February
28**

Applications now
available in Student
Programming and
Commuter Services
H200A



Contact:
310.954.4120
studentprogramming@msmc.la.edu

Holiday Season Safety-



If you plan to participate in this year's Black Friday (the day after Thanksgiving), make sure you are with friends or family. Never go alone as you will have to wait all night into the morning for those stores to open and that is when thieves can strike. Even though you are rushing and thinking of a thousand things, stay alert to your surroundings. Before you leave your house empty your trunk and should you need to visit various shopping malls or centers, put all purchases in your trunk. Covering them in your back seat with a blanket is not effective. Thieves know of this trick, and it will not stop them from getting to your items. Have your keys out and ready to enter your car. If you don't feel safe walking to your vehicle, ask mall or store security for an escort before leaving your shopping location.

Safety Tips are brought to you by Dept. of Campus Security.
Stay Informed, Stay Alive

CUT OUT, MARK AND PLAN:



Final Examination Schedule Fall Semester December 9th – 12th, 2013

- All examinations are given in the regularly scheduled classrooms.
- Classes meeting on Friday ONLY will test at their regular meeting time on the Friday prior to exam week (December 6th).
- The Friday of exam week is an in-house faculty work day. For courses scheduled to meet one session per week beginning at 5:00 pm forward, examinations will be held from 6:00-8:00 pm during Final Exam week on the day regularly scheduled.
- For courses which are scheduled outside the standard MWF or T/TH time periods, consult with the Registrar regarding the specific time for the final examination
- Changes in the exam schedule require the approval of the Provost or Registrar

Exam Periods	Monday Dec. 9	Tuesday Dec. 10	Wednesday Dec. 11	Thursday Dec. 12
8:00-10:00 AM	M-W-F 9:10 a-10:10a	T - TH	M-W-F 8:00a-9:00a	T - TH 8:00a-9:30a
10:30 - 12:30 PM	M-W-F 11:30a-12:30p	T - TH 9:40a-11:10a	M-W-F 10:20a-11:20a	T-TH 11:20a-12:50p
1:00 - 3:00 PM	M-W-F 1:50 p-2:50 p	T - TH	M-W-F 12:40 p-1:40 p	T - TH
3:30 - 5:30 PM	M-W 3:00p-4:30p	T - TH 4:00p-5:30p	M-W-F 4:40p-6:10p	T - TH: 2:20p-3:50p

The next DOHENY HAPPENINGS will be a two –week issue and the last issue for the Fall semester.

Articles for DOHENY HAPPENINGS are due by noon on Wednesday of the week before the issue. Send articles to DohenyHappenings@msmc.la.edu.

From ACADEMIC ADVISEMENT



The Spanish Experience:
Medieval to
Contemporary Spain:
July 6-July 16, 2014

Take an unforgettable trip to Spain
and experience the culture and

history of Barcelona, Madrid, Toledo, and Montserrat.

More info? Call Advisement 310-954-4070

Drop in hours: M-F 10—11 and 1—2
Please make an appointment 213-477-2577

745 Student Services Bldg.,
Room 211
213.477.2577

Hours
Mon-Thurs, 8:00am-4:30
Fridays: 7:30am-4:00pm

The Early Childhood Education Club Updates!!

Toy Drive

Please donate any *new* or *old* toys in the boxes around campus. The boxes will be out until Nov 21st. All toys will be wrapped and given to different organizations and causes. Anything donated will make a difference! Help bring *a little joy* for the children that need it most at this time of the year. The boxes are located in Campus Ministry, building 745, the Doheny Mansion, and our Child Development Center.



Our next **general meeting** (last meeting of the fall semester):
Thursday, November 21, 2013

Food and drinks will be provided!

Please bring in your t-shirt order payments! \$20 for baseball tee, \$18 for t-shirt, and \$15 for tank top. We will be making holiday cards for the children in Children's Hospital of LA and OC. We will also be wrapping the donated toys.



Please bring in any materials we can use.

And don't forget to bring in your Secret Santa Gift! For members that could not make the last meeting and are not participating in Secret Santa, we will be holding a raffle! Two winners will get a gift card to (surprise)!

If you are interested in joining the ECE Club, please come to this meeting! Anyone is welcome. Our membership fee is only \$5!

From AA Dean's Office

Spring 2014 Classes

Registration continues online until the classes begin on January 13, 2014. Classes are planned so that there are enough classes on campus to be a full time student. However, because we are a small college, we cannot always offer classes at a time a student wants it. There are no more wait lists.

Taking classes at Chalon:

Sometimes, AA students want/need to take a class at Chalon. The catalog says, "After two semesters in the AA program, students with a 2.4 cum GPA may take a maximum of seven (7) units in the baccalaureate program during their third semester and as many as nine (9) units during their fourth semester."

Another option for students:

The two-year nursing program (Associate Degree in Nursing, ADN) offers evening classes for those preparing to enter the ADN program. These classes are Anatomy (BIO 50A), Critical Thinking (PHI 10), Child/Human Development (PSY 12), and Christian Ethics (RST 41). These are intensive, three-hour-long classes. If you want to take one of these courses, speak to your advisor about your reasons and fill out and submit a Cross Program Registration form.

STUDENTS PARTICIPATE IN WALK FOR HOPE



Some Doheny students and their instructor, Aloha Buenaventura,



participated in City of Hope Hospital's Walk for Hope. They're doing it to support cancer awareness and research.



Habits Of People Who Are Happy, Healthy & Successful

So what is it about happy people that makes them the way they are? Below are just some of the ways they separate themselves from the rest of the crowd.

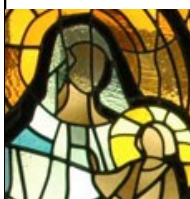
1. They don't hold grudges.
2. They think outside of the box.
3. They go by a routine and make exercise a part of it.
4. They have a supportive tribe, thereby not wasting time with negative or toxic people.
5. They don't care about what other people think.
6. They don't people please.
7. They see difficult and challenging situations as opportunities for personal growth.
8. They consider handling rejection a skill and are resilient.
9. They make time for themselves.
10. They know there isn't such a thing as "having it all," and they're happy about that.
11. Fear doesn't hold them back. They're ready to take risks.
12. They know how to say "NO," and don't hold back.
13. They learned a great deal from other people whom they admire.
14. They follow their inner guidance.
15. They give without expecting anything in return.
16. They don't compare themselves to other people.
17. They finish what they start.
18. They want you to succeed, too.

This Week with Campus Ministry

PRAYER SERVICE

Wednesday, Nov. 20, from 4:45-5:15pm
in Mercy Chapel

Take a few minutes for prayer at this student-led service of Scripture and reflection!



SUNDAY MASS

Mass in Mary Chapel at Chalon
Sunday, Nov. 17, 7:00pm
Shuttle leaves at 6:00pm

COOKIES!

Mondays, Nov. 18, at 2pm
They go fast!

CM Offices in Humanities 1st and House 7



PICNIC with GOD in the Gazebo

Thursdays, Nov. 21,
from 10:30- 11:30 am

Come and enjoy a moment of peace and prayer and snacks.



SPIRIT IN PRACTICE

Wednesdays, Nov. 27, from 3:00 - 4:00 pm

Meet for the first one in the Campus Ministry office
Come and grow in your spirituality with some simple prayer experiences and sharing.

Taize Prayer Service

Monday, Nov. 25

Time: 7-8pm

Gather with others to pray
around the cross, lay your burdens at the foot of the cross.
Refreshments following.



Purchase an **Advent Wreath** for \$15 per wreath
(to cover costs – not for profit!)

Please fill out the form
located on the Portal

under Registration and Order Forms at
<https://portal.mount.msmc.la.edu/student-life/campus-ministry/Pages/default.aspx>
and return it to your Campus Ministry office.

Deadline for orders: Monday, Nov. 25
We will have a wreath-making party
on Dec. 2 from 11am-4pm!

<http://www.msmc.la.edu/cm/campusministry@msmc.la.edu>

@msmc_cm on Twitter

Campus Ministry at Mount St. Mary's College on Facebook

Doheny Happenings

Upcoming Events for the Traditional A.A. Student
Mount St. Mary's College, Doheny Campus

Volume 41, Issue 13

TWO WEEK ISSUE
November 25, 2013

CALENDAR OF EVENTS

Monday, Nov. 25

7:00pm Taize Prayer
12:00 Advent Bracelet-Making

Tuesday, Nov. 26

11:00 De-Stress Day
11:30 Thanksgiving Pie Sale

Wednesday, Nov. 27

3:00 Spirit in Practice

Nov. 28 and 29
Thanksgiving Holidays
College Closed.

Monday, Dec. 2

11:00 Advent Wreath Making
7:00pm Memorial of Martyrs
7:00pm Study Break

Wednesday, Dec. 4

11:30 Advent Bracelet Making
4:45 Mass

Friday, Dec. 6

Last day of classes

Saturday, Dec 7

**Christmas Open
House at the Mansion**
2:00—4:00
Families Invited.

Final Exams
Dec. 9—12
See schedule inside.

Christmas Holidays
Dec. 24—Jan. 1, 2014
College Closed

Monday, January 13, 2014

Spring semester begins



President Ann McElaney-Johnson invites you and your family to join us in celebrating the holiday season

Saturday,
December 7, 2013
2:00 to 4:00 p.m.



Doheny Mansion
10 Chester Place
Los Angeles 90007

Mansion lectures by Don Sloper, author of "Chester Place" •
Carolers in turn-of-the-century costumes •
Self-guided Mansion tours • Tasty treats

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**MOUNT
ST. MARY'S
COLLEGE
LOS ANGELES**

Snow Down and Relax!
De-Stress Day

Tuesday, November 26th
Donohue Center - 11:00am-2:00pm

Get a relaxing Massage (must make an appointment)

Make your own Snow Globe
Enjoy refreshments and nail painting

***For FREE massage
appointments
Call Health Services:
213-477-2635
(Starting Monday, Nov. 18th)***

***Sponsored by
Health Services
and
Counseling &
Psychological Services***



STUDENT SUCCESS CENTER DISCUSSION GROUPS

Time? **1pm – 2pm**

WHEN? **EVERY THURSDAY**

WHERE? **BUILDING 2 →**



Join us **every Thursday** to talk about topics that will help you succeed in college. You will be able to talk with your classmates about what is working for you & share your strategies with each other.

GRAB YOUR LUNCH AND BRING IT!
DESSERT AND COFFEE PROVIDED 😊

Not able to make it Thursdays 1-2?
We will also hold discussion groups
on **select Wednesdays from 12:45-1:45.**
Upcoming Wednesday discussions: **Nov. 6th, 20th, & Dec 4th.**

From The Business Office

The Business Office would like to remind all undergraduate students of some important information.

The **Health Insurance Waiver** for the Spring 2014 semester is **now available online** and should be submitted if you would like to opt out of the Mount's coverage.



The **Financial Clearance Deadline** is fast approaching on **December 11**. To avoid receiving any late fees, make sure to pay your Spring 2014 balance, or set up a monthly payment plan on CASHNet, by that date!

For more information you can visit or call the Business Office 213-477-2540, or check out our website at <http://www.msmc.la.edu/student-life/business-office.asp>



Doheny Campus library entrance project gets funding from Leavey Foundation

The Thomas and Dorothy Leavey Foundation provided a \$750,000 grant to support the renovation of the J. Thomas McCarthy Library Entrance and Student Quad on the Doheny Campus. The project will create a new library entrance facing Ahmanson Weingart Hall, which is the Doheny Campus' main classroom building. It will also transform the adjacent outdoor area into an active Student Quad, with additional seating areas and an expanded stage for outdoor events. The new entrance and quad will position the library as a true hub on campus.

Student Handbook Cover Contest

Send your submission for a cover to the Student Handbook 14-15 to studentprogramming@msmc.la.edu by February 28. You could win \$100.

Holiday Season Safety-

Stay Alive

Holiday Season Safety- Tip 3

If you are staying local for the Holiday's make sure your windows and doors are locked even if you are gone briefly. It doesn't take a thief very long to get in and out with your valuable items. You can leave a radio or television on while you are away from your home to further support the illusion that someone is at home. Con artists posing as representatives of charitable organizations may be more prevalent during the holiday season. Always ask for their organization's issued identification. Be generous but ensure your generosity is going to an authentic charity. If in doubt, do not contribute! If you are uncomfortable with a stranger approaching your home, do not open the door. If you see something suspicious immediately notify local law enforcement! If you are going out of town for the Holiday's again make sure all windows and doors are locked, but also using timed lights are highly recommended. You also want to ask a friend or family member to go by and make periodic checks on your home. Have a Safe Holiday Season!



Safety Tips are brought to you by Dept. of Campus Security.
Stay Informed, Stay Alive

CUT OUT, MARK AND PLAN:



Final Examination Schedule Fall Semester December 9th – 12th, 2013

- All examinations are given in the regularly scheduled classrooms.
- Classes meeting on Friday ONLY will test at their regular meeting time on the Friday prior to exam week (December 6th).
- The Friday of exam week is an in-house faculty work day. For courses scheduled to meet one session per week beginning at 5:00 pm forward, examinations will be held from 6:00-8:00 pm during Final Exam week on the day regularly scheduled.
- For courses which are scheduled outside the standard MWF or T/TH time periods, consult with the Registrar regarding the specific time for the final examination
- Changes in the exam schedule require the approval of the Provost or Registrar

Exam Periods	Monday Dec. 9	Tuesday Dec. 10	Wednesday Dec. 11	Thursday Dec. 12
8:00-10:00 AM	M-W-F 9:10 a-10:10a	T - TH	M-W-F 8:00a-9:00a	T - TH 8:00a-9:30a
10:30 - 12:30 PM	M-W-F 11:30a-12:30p	T - TH 9:40a-11:10a	M-W-F 10:20a-11:20a	T-TH 11:20a-12:50p
1:00 - 3:00 PM	M-W-F 1:50 p-2:50 p	T - TH	M-W-F 12:40 p-1:40 p	T - TH
3:30 - 5:30 PM	M-W 3:00p-4:30p	T - TH 4:00p-5:30p	M-W-F 4:40p-6:10p	T - TH: 2:20p-3:50p



Prayer for Finals

O GOD,

It seems as though our lives
are one test after another,
weighing us in somebody's balance.
Save us from taking the coming tests
too seriously or too lightly,
but grant that we may reflect
the best of the work we've done
and the best of the teaching we've received.
Amen.

From AA Dean's Office

Spring 2014 Classes

Registration continues online until the classes begin on January 13, 2014. Classes are planned so that there are enough classes on campus to be a full time student. However, because we are a small college, we cannot always offer classes at a time a student wants it. There are no more wait lists.

Taking classes at Chalon:

Sometimes, AA students want/need to take a class at Chalon. The catalog says, "After two semesters in the AA program, students with a 2.4 cum GPA may take a maximum of seven (7) units in the baccalaureate program during their third semester and as many as nine (9) units during their fourth semester."

Another option for students:

The two-year nursing program (Associate Degree in Nursing, ADN) offers evening classes for those preparing to enter the ADN program. These classes are Anatomy (BIO 50A), Critical Thinking (PHI 10), Child/Human Development (PSY 12), and Christian Ethics (RST 41). These are intensive, three-hour-long classes. If you want to take one of these courses, speak to your advisor about your reasons and fill out and submit a Cross Program Registration form.



DOHENY BUSINESS CLUB



Thanksgiving Pie Sale!

TUESDAY, NOVEMBER 26th
Starting at 11:30 AM



Ahmanson Patio
in Front of the Cafeteria

Each Slice of Pie \$1
Add Whipped Cream for only 50¢



FREE gift for all Business Administration majors and minors!

Advent!

with
Campus Ministry
and the CSJs

ADVENT Bracelet-Making at Doheny
Monday, Nov. 25
from noon—2:30pm
Cookies and drinks and
making Advent Wreath bracelets
for yourself or a friend.

STUDY BREAKS
with the Resident Minister
Mon & Tues. , Dec. 2 & 3 ,
from 7-10pm at Doheny
Enjoy some prayerful and fun time
with yummy cookies.

MASS & YUMMY SNACKS &
WREATH MAKING at Chalon
Sunday, Dec. 1, at 7:00pm
in Mary Chapel

Join us for Mass on the First Sunday of Advent
and then enjoy some snacks and, if you have
time, help make an Advent wreath!
Snacks included, of course :)

MASS with Blessing of
December Birthdays
Wednesday, Dec. 4, at 4:45pm
in Mercy Chapel at Doheny

Final MASS of the semester
and Our Lady of Guadalupe celebration
Sunday, Dec. 8, at 7:00pm
in Mary Chapel at Chalon
As the Mass concludes, join in bringing roses
and singing songs for *Nuestra Senora de*
Guadalupe, whose feast is Dec. 12
(We'll have a little pan dulce and hot chocolate!)

32nd Anniversary MEMORIAL of the
Martyrs of Central America
Monday, Dec. 2, at 7:00pm at Doheny
Commemorate lives of four women martyrs.

COOKIES and WREATH MAKING
at Doheny
Monday and Tuesday, Dec. 2 & 3
in the Doheny Campus Ministry office
from 11:00am—4:00pm
Stop by for freshly baked cookies and
hot chocolate, and if you have time,
help make an Advent wreath!

A VISIT from ST. NICHOLAS
on the evening of Dec. 5
in the residence halls
Put your shoes out in front of your door
by 9:00pm!
If you can, **leave a donation** of a new tube of
toothpaste, a bar of soap, shampoo, or a
hairbrush – some kind of new toiletry item.

Cookies
Mondays at 2pm at
Chalon Dec. 2 & 9 and Doheny Dec. 9

EXPLORING THE CSJ HERITAGE
for Staff and Faculty
Tuesday, Dec. 17 8:30am-2:30pm
at Doheny

The
season
of **Advent is 11/30 - 12/24**

This is the last issue of the Doheny Happenings for the Fall term. The next issue will be out on Monday, Jan. 13. Please submit any articles for that issue by noon on Jan. 8 to DohenyHappenings@msmc.la.edu.

Doheny Happenings

Upcoming Events for the Traditional AA. Student
Mount St. Mary's College, Doheny Campus

Volume 43, Issue 14

January 13, 2014

THIS WEEK

Monday, January 13
First day of classes

Wednesday, January 15
4:45 Mass

Monday, January 20
Martin Luther King Holiday
College closed

Tuesday, January 21

Last Day to Add/Drop a class

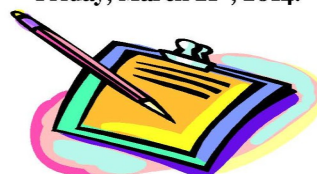
Last Day to Apply for Graduation (Dec. 2014)
(without a fee)



All programs EXCEPT WEEKEND format:

Last day to **ADD/DROP** for SPRING 2014 is **Tuesday, January 21st, 2014**.
Classes **MAY NOT BE ADDED** after this date!

A student may however still **WITHDRAW** from a class, but will receive a grade of "W" and must pay a \$12.00 fee at the Business office. Last day to withdraw is **Friday, March 21st, 2014**.



Also...REMEMBER that...

ALL students are required to **CONFIRM ENROLLMENT** via WebAdvisor by the end of the day...**Sunday, January 12th, 2014**

Failure to log on and confirm enrollment will result in you possibly being DROPPED from your SPRING 2014 classes.

GOT WORK STUDY? HELP WANTED



The **AA Dean's Office** needs a work study student. If interested, see Sr. Carol in Bldg 2 upstairs, cbrong@msmc.la.edu.

The **Student Affairs Office** is looking for a student office assistant. Speak to Valerie in Bldg 7 to learn more and get an application, due January 17.

Applying for a Cal Grant? Need your GPA Verified?

Cal Grant GPA Verification forms are available Online at www.calgrants.org. Forms are **DUE in the REGISTRAR'S OFFICE NO LATER than FRIDAY, FEBRUARY 7, 2014.**

Forms submitted after this date run the risk of not being processed in a timely manner (by the Cal Grant Deadline of March 2nd) and will have to be picked up and mailed by the student. **Please help us be of better service to you by meeting our February 7th deadline!**

FAFSA + VERIFIED GPA = A CAL GRANT APPLICATION.

*PLEASE NOTE: If you have NOT COMPLETED a minimum of 24 COLLEGE CREDIT units, Mount St. Mary's College CANNOT verify your GPA.

Your Cal Grant GPA Verification Form will have to be completed by your High School or Prior College of attendance. ONLY undergraduate students who have not received a baccalaureate degree are eligible to apply. Please plan accordingly.



SUMMER SCHOOL @ THE MOUNT

ONLY \$75 PER UNIT!

May 19 — June 26

Monday through Thursday
Doheny Campus

In Person 8:00 am — 10:00 am	ART 3 <i>Visual Thinking</i> (GS IIIA)
	RST 61 <i>Intro to World Religions</i> (GSVA.4 & GSVI)
	HIS 1A <i>Western Civilization</i> (GS IIIC)
In Person 10:15 am — 12:15 pm	ENG 1B <i>Freshman English</i> (GS IA)
	PHI 16 <i>Philosophy Through Culture</i> (GS VB.1)
	POL 1 <i>American Gov't & Institutions</i> (GS IIIG)
Online 8 Weeks 5/19 — 7/11	ENG 1A <i>Freshman English</i> (GS IA) Using the Portmont @ MSMC platform

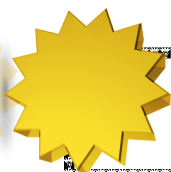
Register on WebAdvisor from 6:00 am April 1 to May 4.

Important Information:

- Add/Drop deadline: May 23, 2014
- Withdraw deadline: June 13, 2014
- No refunds once classes begin

- Payment due date May 9th to avoid being dropped

If you have any questions, please contact: Registrar's Office (x4020/2520)



Dean's List 3.5 and higher for Fall 2013 grades

Sara Aceves	Daisy De Haro	Jessika Kehnt	Samantha Piedra
Isabella Acosta	Eliza De Leon	Kathleen Knight	Erica Poe
Amanda Alvarez	Raquel Del Toro	Jessica Leigh	Nicole Puga
Corrie Antillon	Elleana Dela Cruz	Hongzi Cindy Li	Adriana Ramirez
Dominique Aquino	Cintya Escamilla	Abigail Lina	Mitzy Ramirez
Nina Aquino	Leah Fajardo	Diana Lopez	Zaira Ramirez
Wendy Araujo	Dina Fakhoury	Melissa Lopez	Liliana Resendez
Miranda Avina	Jessica Farrell	Monique Madrid	Monica Rico
Brianna Bagdasaryan	Elba Fuentes	Alexandra Madueno	Alexandra Rios
Karla Barberena	Isabella Gacuya	Darla Marin	Priscila Rivas
Ramonna Batac	Lizbeth Galvez	Melissa Martinez	Dayanna Rodriguez
Gabrielle Bramasco	Karina Garcia	Marylin Martinez	Emily Ruiz Torres
Vanessa Briano	Michell Garcia	Bridget Martinez	Lizbeth Sanchez
Shonna Cabrera	Vanessa Gonzalez	Izabelle Martinez	Joanna Santos
Genelle Campos	Rosio Gorgonio	Katie Martinez	Sierra Schemel
Erica Caro	Xochitl Granados	Yvonne Montano	Andrea Serrano
Elizabeth Carrera	Rhozel Gregorio	Jeanine Monterroza	Gisselle Sipaque
Patricia Castellanos	Andrea Hernandez	Natalia Neris	Hannah Spigelman
Lynnette Chavez	Rebecca Hinojosa	Michelle Olivares	Crystal Suarez
Autumn Clifton	Sharah Ilagan	Alison Omon	Maria Surio
Vania Colindres	Krystal Jackson	Jocelyne Ordenana	Bathsheba Zewde
Magali Cruz	Mariah Jimenez	Rachelle Ortiz	

**A Reception
for Dean's List and Honor Roll
is being planned for Tuesday, Feb. 11,
at 1:00 in the Donohue Center**

ISAE/Student Support Services (TRIO)

1st Spring 2014 ISAE Event!!

ISAE Students, help "Keep the Dream Alive!" Join us on Friday, February 7th, to watch *Betty and Coretta*, a film about the extraordinary women behind the two men who would change history, Coretta Scott King, wife of Dr. Martin Luther King Jr., and Dr. Betty Shabazz, wife of Malcolm X. Sign Up's begin Tuesday, January 21, at 9:00am in the ISAE Office. Don't forget to bring your \$20 refundable deposit. A reminder that all ISAE Students need to complete two cultural enrichment activities per semester.



*****Deadline for ISAE Students to meet with their ISAE Counselor & ISAE Peer Advisor Freshmen-Feb. 21.*** Please make sure to schedule your appointments soon.**

**Doheny ISAE Staff Team
Veronica Martinez (mvmartinez@msmc.la.edu)
Virginia Cons (vcons@msmc.la.edu)
Doheny ISAE office in Bldg. 7, 1st Floor Back Offices**

Week One: Crime Prevention

As the spring semester is getting started, Dept. of Campus Security wants to take this time to remind the Mount Community to be aware of your surroundings and take the necessary precautions to avoid loss of belongings. Laptops, purses, iPads, cell phones, textbooks, and other devices are listed items that are most often reported missing. Never leave valuables visible in your vehicle or residence. When leaving your residence hall, make sure you close and lock the door. Do not prop open any doors. Always report suspicious activity to Campus Security. You can also visit Campus Security on the portal for Mountwatch Crime Reporting Anonymous tips. See Something, Say Something. Have a safe semester!



Safety Tips are brought to you by Dept. of Campus Security. Stay Informed. Stay Alive



YOU HAVE WHAT IT TAKES!

Ready to RUN™

A NONPARTISAN CAMPAIGN TRAINING FOR WOMEN
AT MOUNT ST. MARY'S COLLEGE

save the date: feb 8, 2014

Articles for DOHENY HAPPENINGS are due on Wednesday of the week before the issue by noon. Send to DohenyHappenings@msmc.la.edu.



Planning to Inter-Program Transfer to the Chalton Campus for Fall 2014?

Come join us at the Inter-Program Transfer Workshop on Tuesday, January 28th, from 1:00 -2:00 p.m. to

- ◇ Hear about the requirements to inter-program transfer
- ◇ Gather information about the Learning Assistance Program at Chalton
- ◇ Explore faculty guided tours to Chalton

Location: Doheny Campus, Donohue Center

Questions: contact Jeanette Stone, AA Dean's Office, Building 2

CPS Tip of the Week

5 Steps to Making New Year's Resolutions Work

Be realistic in your goals. Choose one goal, then break it down into smaller, more manageable bits. For example, if you want to save \$500, think about it in terms of saving \$20 per pay check. This makes your goal less intimidating. Every time you save some money, praise yourself! Rewarding yourself for every positive step will help you have the confidence you need to hang in there.

Start with a plan and stick to it. Studies show that people who make impulsive resolutions are less likely to stick to them. Think about what is most important to you and create strategies to deal with the problems and setbacks that will come up as you work towards your goal.

Team up with a friend or loved one. Make a list of your goals and share them with a friend or loved one. You are now accountable to two people: yourself and the other person. An informal pact can help when you feel discouraged.

Think of resolutions as opportunities to try new things. Resolutions are a time of the year not only to try and "fix" the problems in your life, but also to try out a new way of being. Think of January first as a chance to adopt a healthier lifestyle!

Look at the bright side and allow yourself mistakes. Focusing on the positive side of things will give you more energy and enthusiasm to pursue your goals. People who believe that they can succeed are more likely to do so. Remind yourself every day is a new day an opportunity to try again.



Doheny Office: (213) 477-2668
Counseling and Psychological Services
McIntyre, first floor

ATTENTION Fall 2014

PROSPECTIVE GRADUATES

(ALL programs EXCEPT WEEKEND Format)

The deadline to apply for Fall 2014 graduation is Tuesday, January 21st, 2014. A late fee of \$105 will be applied for ANY applications submitted after January 21st, 2014.



Graduation applications are available in the Registrar's office. Please keep in mind that you must apply or you will not be considered a Fall 2014 prospective graduate!

Graduation applications for Spring and Summer 2014 prospects are long overdue. If you have not already done so, please submit a graduation application ASAP! A late application fee of \$105 will be applied to your account!

The Doheny LRC Announces SPRING 2014 hours:

**Mondays 8 a.m. – 6 p.m., Tuesdays 8 a.m. – 8 p.m.,
Wednesdays and Thursdays 8 a.m. – 6 p.m.,
Fridays 8 a.m. – 4 p.m.**

We encourage all students to come in and utilize our guest services.

Doheny Bookstore Spring Hours

Monday to Thursday 8am till 7pm
Friday 8am to 4pm
Saturday and Sunday 7:30am
till 3:30pm (on major Weekend
College dates)

Website: msmcdohenyshop.com

Email:

DohenyBookstore@msmc.la.edu

Katie Chiles | Store Manager | Follett 0723



Advisement Office

Office Hours

Mon – Thurs. 8:00am – 4:30pm

Fri. 7:30am – 4:00pm

The Advisement office will be taking **drop-ins all day** for any questions or signatures needed during the **first week of school**. No appointments necessary.

Last day to ADD/DROP classes:

Tuesday, January 21st, 2014

Spring 2014 Drop-in Hours

(will resume on Wednesday, January 22nd)

Monday-Friday: 10:00am-11:00am & 1:00-2:00pm

Academic Advisement Department

Located in Building 745, Office 211

213.477.2577

advisement@msmc.la.edu

This Week with Campus Ministry



COOKIES to start the semester!

Monday, Jan. 13, 2014, 2pm

House 7

First MASS of the semester
Wednesday, Jan. 15, 2014, 4:45
All are welcome!



24 hours a day on the web: <http://www.msmc.la.edu/cm>

Email:

campusministry@msmc.la.edu

DOHENY Phone: (213) 477-2672 Office: House 7

FREE 45 min. private CONSULTATION



Whether your goal is to lose weight, build lean muscle, increase endurance capacity, or improve your overall health a nutritional program is tailored to get you the results that you are looking for. She will make eating tasty and healthy for you. Learn how to **EAT WELL** for your body type instead of dieting.



Döri Zerlin MS RD
Nutrition & mind, body & soul

Our Registered Dietitian will be available on both campuses:

Doheny: Wednesday, January 22, 2014

Chalon: Friday, January 31, 2014

Health is your wealth.

The idea is to feed your body, not starve it.

Call and make an appointment today!

Chalon 310-954-4110 / Doheny 213-477-2685



Bursar's Office

Welcome Mount Students to the Spring 2014 Semester!

Happy New Year to one and all! We hope you enjoyed your break and are ready to take on the new semester! The Bursar's Office **eRefund process** is going strong. Students who are anticipating a refund on account are encouraged to log in to CASHNet and sign up today! We would also like to remind you to opt in to receive your **1098T electronically**, as well as complete your **health insurance waiver**, if you have not done so already. Information regarding enrollment in these services is listed below.

eRefund

Mount students who will anticipate a refund in the Spring 2014 semester are able to have refunds deposited directly into your checking or savings account (terms and conditions will apply). Enrollment is free and can be set up through your CASHNet account. For more details on how to sign up, call or visit the Business Office!

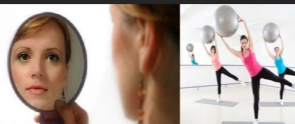
Student Tax Forms - 1098T's

Students who would like to receive an electronic copy of their 1098T can opt in on CASHNet. If you have not done so already, please be sure to log in to your CASHNet Student Account online and enroll. The 1098T is a tax form that you may need for your annual tax filing purposes. Avoid delay in receiving your forms in the mail and opt in for your electronic copy today!

Health Insurance Waivers

If you have your own health insurance coverage and do not want to be covered through the Mount, please don't forget to complete the health insurance waiver online! The link can be found on the Business Office website under 'Policies and Procedures' and will be available through January 31, 2014.

If you have questions about these or any other services, feel free to call, email, or visit the Business Office at either campus. We're always here to help!



Did you know? *You are so beautiful to me*

- 🍏 Appreciate your body. Beauty is a state of mind.
- 🍏 Exercise boosts brainpower by increasing serotonin in the brain.
- 🍏 Surround yourself with people that remind you of your inner strength and beauty.
- 🍏 Love the skin you're in.



FREE Healthy Skin Package
for students at the Student Health Center. While supplies last! Must be compliant with all college health entrance requirements.



Doheny Happenings

Upcoming Events for the Traditional AA. Student
Mount St. Mary's College, Doheny Campus

Volume 43, Issue 15

January 21, 2014

THIS WEEK

Tuesday, January 21

**LAST DAY TO ADD
OR DROP A CLASS**

Wednesday, January 22

Speak with a Dietitian
Call health services
213-477-2685

4:45 Prayer Service

7:00 Confirmation Information

Sunday, January 26

7:00pm Mass at Chalon
Shuttle leaves at 6:00pm



**Graduating in May?
Attending the
Commencement Ceremony?**

**MOUNT ST. MARY'S COLLEGE
COMMENCEMENT CEREMONY**

**Monday, May 12, 2014
3:00—5:00 p.m.**

SHRINE AUDITORIUM

For everything you need to know about the commencement ceremony, go to the MSMC webpage www.msmc.la.edu and click on the Commencement button on the left side of the screen.

Applying for a Cal Grant? Need your GPA Verified?

Cal Grant GPA Verification forms are available Online at www.calgrants.org. Forms are **DUE in the REGISTRAR'S OFFICE NO LATER than FRIDAY, FEBRUARY 7, 2014.** Forms submitted after this date run the risk of not being processed in a timely manner (by the Cal Grant Deadline of March 2nd) and will have to be picked up and mailed by the student. **Please help us be of better service to you by meeting our February 7th deadline!**

**FAFSA + VERIFIED GPA = A CAL GRANT
APPLICATION.**

***PLEASE NOTE: If you have NOT COMPLETED a minimum of 24 COLLEGE CREDIT units, Mount St. Mary's College CANNOT verify your GPA.**

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GOT WORK STUDY? HELP WANTED



The **Student Affairs Office** is looking for a student office assistant. Speak to Valerie in Bldg 7 to learn more and get an application, due January 17.

Have you been awarded work-study and interested in working in the **Women's Leadership Office**? Contact Brianna Ellis, bellis@msmc.la.edu 213-477-2599 Assistant Director, for details on positions!

YOU HAVE WHAT IT TAKES!

Ready to **RUN**™

A NONPARTISAN CAMPAIGN TRAINING FOR WOMEN
AT MOUNT ST. MARY'S COLLEGE

save the date: feb 8, 2014

TIP OF THE WEEK

What matters more than IQ? GRIT. Get gritty!

GRIT: perseverance, motivation, self-control, determination, passion, commitment, focus, long-term goal orientation.

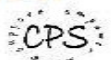
Studies have shown that the personality trait "grit" may be a greater predictor of success than IQ.

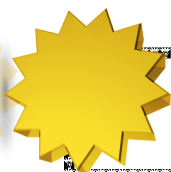
Remember: your brain changes and grows in response to challenge.

Failure is not a permanent condition— get gritty!

**Counseling & Psychological
Services**

(C) M-Th 8:30-5, F 8-4:30 (310)954.4114
(D) M-Th 8:30-5, F 8-4:30 (213)477.2668





Honor Roll 3.0 to 3.499 for Fall 2013 grades

Jasmine Acevedo	Amanda Estrada	Denise Martinez	Melissa Sanchez
Desiree Agtaguem	Melani Facundo	Mirna Martinez	Diana Sanchez
Zuleyka Alderete	Leslie Farias	Mayra Martinez	Hayley Sanchez
Ivette Aleman	Laura Flores	Celia Martinez	Jessica Sandoval
Hellen Alvarez	Anali Flores	Jeanneen Matias	Verlin Sandoval
Yesenia Alvarez	Alejandra Flores	Ronda McGlory	Jasmine Scales
Felicia Aparicio	Melissa Frankera	Elisa Medina	Larisa Smith
Rachelle Arias	Fatima Fuentes	Daniela Mercado	Melissa Solis
Rebeca Arroyo	Stephanie Garcia	Cecilia Montellano	Edith Solis
Vanessa Barragan	Alejandra Gaspar	Harmoni Morales	Juliana Solorzano
Daniela Barrientos	Nicolette Gastelum	Rebekah Morgan	Jessica Soto
Estela Batz	Priscilla Giron	Erica Mosley	Yvette Tadeo
Melanie Bernal	Gladys Gomen	Nancy Nava	Barbara Tello
Daicia Bradberry	Satah Granados	Maria Negrete	Genesis Tinoco
Christine Cancino	Keiry Guardado	Nobleza Jollie	Elvia Tiznado
Sandra Carrillo	Lesby Guerrero	Donya Nonahal	Noelle Trigerous
Brittany Castanaza	Ellyn Guerrero	Briana Ocegüera	Cathy Urbina
Gladys Cerros	Meliza Guillermo-Alonzo	Alessandra Olivares	Carina Valdivia
Astrid Chaidez	Brenda Hernandez	Heather Orellana	Andrea Valenzuela
Guadalupe Chavelas	Diana Hernandez	Jennifer Palafox	Josselyn Varela
Vanessa Chavoya	Johanna Hernandez	Alejandra Paz	Kimberly Vargas
Natalie Cisneros	Mayra Hernandez	Yajahira Pena	Gloria Vega
Alycia Cisneros	Adelaida Herrera-Espinoza	Sadie Quinonez	Michelle Velasco
Priscilla Close	Amanda Herrera-Rothegery	Christina Ramirez	Samantha Veloz
Deanna Consiglio	Anjelica Jackson	Maribel Ramon	Josselyn Ventura
Evelyn Contreras	Emiya James-Herndon	Claudia Reyes	Desiree Villa
Stephanie Correa	Atira Jollevet	Corissa Reyes	Violeta Viveros
Cheyenne Covington	Christine Kim	Morena Rivas	Karina Zambrano
Samantha Cruz	Melissa Lara	Gilliane Rivera	Byanca Zavaleta
Marlen Cruz	Waileia Larson	Lydia Rivera	Claudia Zayas
Stephany De la Torre	Alyssa Lazaro	Angelica Rodriguez	Erika Zazueta
Yessenia Diaz	Nancy Lemus	Jocelyn Rodriguez-Palacios	
Sarah Espinoza	Victoria Levi	Escarleth Romero	
Stephanie Estrada	Bianca Marquez	Sandra Rosales	

**A Reception
for Dean's List and Honor Roll
is being planned for Tuesday, Feb. 11,
at 1:00 in the Donohue Center**

Congratulations to these students who also made the
Dean's List :

Yoselyn Diaz-Castro
Rachel Quintos

Tatiana Yanik



National Human Trafficking Awareness Day

Saturday, February 8, 8:45am to 1pm

Rose Hills Auditorium

Take time to learn about this international problem.

"An estimated 27 million people are trafficked globally on an annual basis, the largest percentage being women and children. Human trafficking is growing in the crime industry, second in scope only to the drug trade and equal to arms. Revenue from human trafficking is estimated at more than \$32 billion annually."

See the full article from the National Catholic Reporter <http://ncronline.org/blogs/ncr-today/human-trafficking-awareness-day-events>.



Planning to Inter-Program Transfer to the Chalon Campus for Fall 2014?

Come join us at the Inter-Program Transfer Workshop on Tuesday, January 28th from 1:00 -2:00 p.m. to

- ◇ Hear about the requirements to inter-program transfer
- ◇ Gather information about the Learning Assistance Program at Chalon
- ◇ Explore faculty guided tours to Chalon

Location: Doheny Campus, Donohue Center

Questions: contact Jeanette Stone, AA Dean's Office, Building 2



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Monday through Thursday
Doheny Campus

In Person 8:00 am – 10:00 am	ART 3 <i>Visual Thinking</i> (GS IIIA)
	RST 61 <i>Intro to World Religions</i> (GSVA.4 & GSVI)
	HIS 1A <i>Western Civilization</i> (GS IIIC)
In Person 10:15 am – 12:15 pm	ENG 1B <i>Freshman English</i> (GS IA)
	PHI 16 <i>Philosophy Through Culture</i> (GS VB.1)
	POL 1 <i>American Gov't & Institutions</i> (GS IIIG)
Online 8 Weeks 5/19 – 7/11	ENG 1A <i>Freshman English</i> (GS IA) Using the Portmont @ MSMC platform

Register on WebAdvisor from 6:00 am April 1 to May 4.

Important Information:

- Add/Drop deadline: May 23, 2014
- Withdraw deadline: June 13, 2014
- No refunds once classes begin
- Payment due date May 9th to avoid being dropped

If you have any questions, please contact: Registrar's Office (x4020/2520)

Doheny Bookstore Spring Hours

Monday to Thursday 8am till 7pm

Friday 8am to 4pm

Saturday and Sunday 7:30am till 3:30pm
(on major Weekend College dates)

Website: msmcdohenyshop.com

Email:

DohenyBookstore@msmc.la.edu



Katie Chiles | Store Manager | Follett 0723

Doheny Campus Bookstore | 213-477-2760

ATTENTION Fall 2014

PROSPECTIVE GRADUATES

(ALL programs EXCEPT WEEKEND Format)

The deadline to apply for Fall 2014 graduation is Tuesday,
January 21st, 2014. A late fee of \$105 will be applied for ANY
applications submitted after January 21st, 2014.



Graduation applications are available in the Registrar's office. Please keep in mind that you must apply or you will not be considered a Fall 2014

prospective graduate!

Graduation applications for Spring and Summer 2014 prospects are long
overdue. If you have not already done so, please submit a graduation
application ASAP! A late application fee of \$105 will be applied to your
account!

Reasons you want to get an AA degree:

1. It's free. If you applied to graduate last August and plan to earn your AA degree in May, it won't cost you anything. You must apply to graduate a year in advance. If you apply late, you pay a late fee.
2. You don't have to participate in the ceremony. Save the money so you can buy the gown when you receive your BA/S.
3. It's good to have the AA degree because you don't know when hurdles (financial, illness) might come your way and delay your BA/S degree.
4. It shows that you have pursued a goal and gained it.

Be yourself; every-
one else is already
taken.

Oscar Wilde

This Week with Campus Ministry

Liturgy of the Word with Communion

Wednesday, Jan. 22, 2014, 4:45
All are welcome!



CONFIRMATION Sessions
Doheny: begins January 22
at 7:30pm
in Mercy Chapel

SUNDAY MASS at CHALON

Sunday, January 26, at 7:00pm in Mary Chapel (Chalon)

CHAPELS OPEN

*MARY CHAPEL (Chalon) and
MERCY CHAPEL (Doheny) are OPEN*
daily from 6:00am until 10:00pm

24 hours a day on the web: <http://www.msmc.la.edu/cm>
Email: campusministry@msmc.la.edu
DOHENY Phone: (213) 477-2672 Office: House 7

Tip of the Week **Back in the Swing of Things**

Have you been feeling sluggish since school started? Having a difficult time reconnecting with your school friends or roommates? Missing your family? We hope your break was relaxing and fun, but sometimes time off just leaves us wanting even more time off!

Don't wait until these problems start affecting your day to day life! As an MSMC student, you may qualify for up to 12 free sessions each academic year! Visit us at Counseling and Psychological Services to work on getting back into the swing of things or any other struggles you may be experiencing, such as:

- Anxiety
- Academic concerns
- Grief
- Substance abuse
- Depression
- Family problems
- Loneliness
- Dating violence
- Stress management
- Relational problems
- Eating disorders
- Self-esteem difficulties

We also offer couples therapy, crisis consultations, and group therapy. For more information regarding the Mindfulness Group please contact Annika or Annie at (213) 477-3978 or (213) 477-2880. For more information regarding the Spanglish group please contact Elizabeth at (213) 477-2681.

We are conveniently located at both Chalon and Doheny campuses, Monday-Thursday from 8:30 a.m. – 5:00 p.m. and Fridays from 8:00 a.m. – 4:30 p.m.



**Counseling and Psychological
Services**

Chalon office phone: (310) 954-4114
Doheny office phone: (213) 477-2668



ISAE/Student Support Services (TRIO)

1st Spring 2014 ISAE Event!!

ISAE Students, help "Keep the Dream Alive!" Join us on Friday, February 7th, to watch *Betty and Coretta*, a film about the extraordinary women behind the two men who would change history, Coretta Scott King, wife of Dr. Martin Luther King Jr., and Dr. Betty Shabazz, wife of Malcolm X. Sign Up's begin Tuesday, January 21, at 9:00am in the ISAE Office. Don't forget to bring your \$20 refundable deposit. A reminder: All ISAE Students need to complete two cultural enrichment activities per semester.



*****Deadline for ISAE Students to meet with their
ISAE Counselor & ISAE Peer Advisor Freshmen-
Feb. 21.*** Please make sure to schedule your ap-
pointments soon.**

Doheny ISAE Staff Team

Veronica Martinez (mvmartinez@msmc.la.edu)

Virginia Cons (vcons@msmc.la.edu)



Did you know?
You are so beautiful to me

- 🍏 **Appreciate your body. Beauty is a state of mind.**
- 🍏 **Exercise boosts brainpower by increasing serotonin in the brain.**
- 🍏 **Surround yourself with people that remind you of your inner strength and beauty.**
- 🍏 **Love the skin you're in.**



FREE Healthy Skin Package
for students at the Student Health Center. While supplies last. Must be compliant with all college health entrance requirements.



**For students at the Student Health Center
while supplies last.**

Doheny Happenings

Upcoming Events for the Traditional AA. Student
Mount St. Mary's College, Doheny Campus

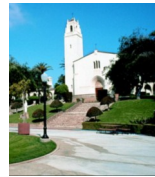
Volume 43, Issue 16

January 27, 2014

THIS WEEK

Tuesday, January 28
1:00 Inter-Program Transfer
Workshop

Wednesday, January 29
11:00 Serve and Learn
4:45 Liturgy of the Word



Planning to Inter-Program Transfer to the Chalon Campus for Fall 2014?

Come join us at the Inter-Program Transfer Workshop on
Tuesday, January 28th from 1:00 -2:00 p.m. to

- ◇ Hear about the requirements to inter-program transfer
- ◇ Gather information about the Learning Assistance Program at Chalon
- ◇ Explore faculty guided tours to Chalon

Location: Doheny Campus, Donohue Center
Questions: contact Jeanette Stone, AA Dean's Office,
Building 2

New Year New ME!

Presented by Doheny ASB



LET'S GET ACTIVE

with free healthy snacks, obstacle
courses, prizes and good laughs

Thursday February 6, 2014

12:30-2:30 pm

Mansion Lawn



GET INVOLVED SERVE & LEARN

COMMUNITY ENGAGEMENT and
STUDENT AMBASSADOR PROGRAM



LET'S TALK ABOUT THE OPPORTUNITIES!

CHALON
Tuesday
January 28, 2014
11 a.m. - 12:30 p.m.
Administration Lawn

DOHENY
Wednesday
January 29, 2014
11 a.m. - 12:30 p.m.
Ahmanson Patio

Join us for our
**Student Ambassador
Mixer!**

Spend time with current
Student Ambassadors
and ask questions.

FREE PIZZA

CHALON
1-2pm in Humanities 402
DOHENY
1-2pm in Building 4 - 114

come meet MSMC alums!



GUEST SPEAKERS

ESTRELLA RAMIREZ '10, '12
Child Therapist at Hollygrove
Baccalaureate: Psychology
Minor: Child Development
Master: Counseling Psychology

KRISTEN SHADBURN '05
Human Resources Manager at MSMC
Baccalaureate: Psychology
Master: Business Administration (In-Progress)

NZINGA GRAHAM, M.D. '04
Medical Doctor at Kaiser Permanente
Baccalaureate: Biochemistry
Doctor of Medicine

SYLVIA GUTIERREZ '04
Senior Project Manager at Team One
Baccalaureate: Art, Business Administration

ROXANNE ROMUOSO '09
Case Manager at Health Care Partners
Associate: Pre-Health
Baccalaureate: Nursing
Master: Nursing-Leadership and Administration (In-Progress)

feb. 4

1 p.m. to 2 p.m.
donohue center

free snacks and
refreshments!

*Brought to you by
Alumnae Relations,
Career Services, and the
Student Success Center*

**A Reception
for Dean's List and Honor Roll
is being planned for
Tuesday, Feb. 11,
at 1:00 in the Donohue Center**

Did you know?

You are so beautiful to me



- Exercising stimulates the production of endorphins.
- Daily physical activities will improve your strength, fitness and confidence
- Exercise fights fatigue by delivering oxygen and nutrients to your tissues.



FREE Healthy Skin Package
for students at the Student Health Center. While supplies last! Must be compliant with all college health entrance requirements.



Free Healthy Skin Package for students at the Student Health Center while supplies last.

Applying for a Cal Grant? Need your GPA Verified?

Cal Grant GPA Verification forms are available Online at www.calgrants.org. Forms are **DUE in the REGISTRAR'S OFFICE NO LATER than FRIDAY, FEBRUARY 7, 2014.**

Forms submitted after this date run the risk of not being processed in a timely manner (by the Cal Grant Deadline of March 2nd) and will have to be picked up and mailed by the student. **Please help us be of better service to you by meeting our February 7th deadline!**

FAFSA + VERIFIED GPA = A CAL GRANT APPLICATION.

***PLEASE NOTE: If you have NOT COMPLETED a minimum of 24 COLLEGE CREDIT units, Mount St. Mary's College CANNOT verify your GPA.**
Your Cal Grant GPA Verification Form will have to be completed by your High School or Prior College of attendance. **ONLY** undergraduate students who have not received a baccalaureate degree are eligible to apply. Please plan accordingly.



National Human Trafficking Awareness Day

Saturday, February 8, 8:45am to 1pm

Rose Hills Auditorium

Take time to learn about this international problem.

"An estimated 27 million people are trafficked globally on an annual basis, the largest percentage being women and children. Human trafficking is growing in the crime industry, second in scope only to the drug trade and equal to arms. Revenue from human trafficking is estimated at more than \$32 billion annually."

See the full article from the National Catholic Reporter <http://ncronline.org/blogs/ncr-today/human-trafficking-awareness-day-events>.

Office Hours

Mon – Thurs. 8:00am – 4:30pm

Fri. 7:30am – 4:00pm

Spring 2014 Drop-in Hours

Monday-Friday: 10:00am-11:00am & 1:00-2:00pm
(Pre-AD.N students only: Mondays, 3:30-5:00pm)



**CHOOSE
YOUR
PATH**

**MAJOR AND
MINOR FAIR**

THURSDAY

FEB. 6TH, 12-2PM

ROSE HILLS PATIO

BROUGHT TO YOU BY:
ACADEMIC ADVISEMENT
advisement@msmc.la.edu

**Nursing Career
Panels**

Chalon Campus Center

Wed., January 22nd
6 p.m.—8 p.m.

U.S. Air Force
Children's Hospital
Cope Healthcare Solutions
UCLA
St. Francis Med. Ctr.
St. Vincent's Med. Ctr.

**Doheny
Donohue Center**

Wed., January 29th
6 p.m.—8 p.m.

AltaMed
Children's Hospital
Kaiser
U.S. Navy
St. Francis Med. Ctr.
UCLA
USC
VA Hospital

Mon., February 3rd
4:30 p.m.—6 p.m.

Children's Hospital
Kaiser
Providence Consortium
UCLA
USC

Recruiters and alumnae from these hospitals and healthcare institutions will be here to answer your questions and help you to prepare for your future nursing careers.

Open to ALL Nursing and Pre-Nursing Students

***Bring 5 - 10 copies of your resume**

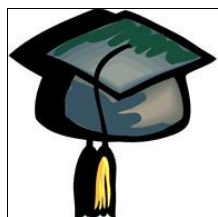
Please make an appointment to review your resume at Career Services in Humanities 401 or call (310) 954-4410.

YOU HAVE WHAT IT TAKES!

Ready to 
RUN™

A NONPARTISAN CAMPAIGN TRAINING FOR WOMEN
AT MOUNT ST. MARY'S COLLEGE

save the date: feb 8, 2014



**Graduating in May?
Attending the
Commencement Ceremony?**

**MOUNT ST. MARY'S COLLEGE
COMMENCEMENT CEREMONY**

Monday, May 12, 2014

3:00—5:00 p.m.

SHRINE AUDITORIUM

For everything you need to know about the commencement ceremony, go the MSMC webpage www.msmc.la.edu and click on the Commencement button on the left side of the screen.

**GOT WORK STUDY?
HELP WANTED**



The **Student Affairs Office** is looking for a student office assistant. Speak to Valerie in Bldg 7 to learn more and get an application, due January 17.

Have you been awarded work-study and interested in working in the **Women's Leadership Office**? Contact Brianna Ellis, bellis@msmc.la.edu 213-477-2599 Assistant Director, for details on positions!

This Week with Campus Ministry

Cookies!

Monday, Jan. 27

Liturgy of the Word with Communion

Wednesday,

Jan. 29, 2014, 4:45

All are welcome!



CONFIRMATION Sessions Ask at Campus Ministry Office

SUNDAY MASS at CHALON

Sunday, February 2, at 7:00pm in Mary Chapel (Chalon)

Shuttle leaves at 6:00pm

CHAPELS OPEN

*MARY CHAPEL (Chalon) and
MERCY CHAPEL (Doheny) are OPEN*
daily from 6:00am until 10:00pm

24 hours a day on the web: <http://www.msmc.la.edu/cm>

Email: campusministry@msmc.la.edu

DOHENY Phone: (213) 477-2672 Office: House 7

Cyber-Bullying—Don't become a victim

Cyber Bullying is on the rise more so than other types of bullying. Here are some tips that will help you not become a victim.

- Don't share your online passcode or phone pin#
- Respect other people and treat them the way you want to be treated.
- Don't be afraid to report the Cyberbully to Campus Security or Student Affairs.
- Never share personal information, such as your home address or phone number, online.
- Never take naked or compromising pictures or videos of yourself or your friends on your cell phone. Even if you just share them among your friends, they can soon spread like wildfire.
- Do not respond to the Cyberbully. Instead block them from your social network profile and monitor your privacy settings.
- And remember if you wouldn't say it in person, don't say it online.
- If you witness bullying, report it to Campus Security right away or you can report the bullying anonymously by visiting the Campus Security page on the portal. See Something, Say Something

Safety Tips are brought to you by
Dept. of Campus Security.
Stay informed. Stay Alive

**** SAVE THE DATE ****

MOUNT ST. MARY'S COLLEGE 8TH ANNUAL

PRESIDENT'S INVITATION TO SERVE

TO STUDENTS, FACULTY, STAFF, ALUMS, AND FRIENDS OF THE COLLEGE

Join us as we honor the legacy and tradition of the Sisters of St. Joseph of Carondelet in

Serving Our "Dear Neighbor." (Father Medaille)

Saturday, March 29, 2014

Site locations and additional information will follow.

If you have any questions, contact

Maryann Nguyen, Assistant Director for Community Engagement at mnguyen@msmc.la.edu or

Kimberly Terrill, Director for Community Engagement at kterrill@msmc.la.edu.

Sponsored by the President's Office, the Office of Community Engagement, Alumnae Relations, & Campus Ministry.

Doheny Happenings

Upcoming Events for the Traditional AA. Student
Mount St. Mary's College, Doheny Campus

Volume 43, Issue 17

February 3, 2014

THIS WEEK

- Monday, Feb. 3
4:30 Nursing Career Panel
- Tuesday, Feb. 4
1:00 Alum Career Panel
- Wednesday, Feb. 5
4:45 Mass
- Thursday, Feb. 6
12:00 Major and Minor Fair
12:30 New Year, New Me!
- Friday, Feb. 7 WEAR RED
- Saturday, Feb. 8
Ready to Run
8:45am Human Trafficking Awareness
- Sunday, Feb. 9
4:00pm Global Athenian Cafés
7:00pm Sunday Mass at Chalon



come meet MSMC alums!



GUEST SPEAKERS

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Minor: Child Development
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New Year New ME!

Presented by Doheny ASB



LET'S GET ACTIVE

with free healthy snacks, obstacle
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Thursday February 6, 2014

12:30-2:30 pm

Mansion Lawn





Counseling & Psychological Services
C: (310)954-4114
D: (213)477-2668
M-Th: 8:30-5p
F: 8:30-4:30p

5 Reasons to Smile

1. Smiling can make you happy (even when you're not).
2. Smiling can make others happy.
3. Smiling can help you de-stress.
4. Smiling can help you land a job.
5. Smiling can lead to laughter.



Residence Life Invites you!



Global Athenian Cafés

- Fun Crafts
- Delicious milkshakes & treats
- Wii Games & raffle prizes
- Open to both residents and commuters
- Ahmason Commons Cafeteria
- 4 pm—5.30 pm

Global Athenian Café Dates

Sunday, February 9th	Thailand
Sunday, March 16th	Ireland
Sunday, April 27th	Worldwide
Sunday, May 4th	Mexico

Don't forget your
MSMC ID !!!



**A Reception
for Dean's List and Honor Roll
is being planned for
Tuesday, Feb. 11,
at 1:00 in the Donohue Center**

Violence Prevention– Tip 1

There are many types of campus violence including rape, assault, fighting, hazing, dating violence, sexual harassment, hate and bias-related violence, stalking, rioting disorderly conduct, property crime, and even self-harm and suicide. Recognizing the signs of a possible violent situation is important to your safety. If something doesn't feel right, it probably isn't. If you feel uncomfortable in a situation, trust your instincts and leave. If someone is pressuring you to do something you are not comfortable with, it's better make up an excuse to leave than to stay and be uncomfortable, scared, or worse. Your safety comes before someone else's feelings or what they may think of you. Report all incidents to Campus Security immediately.

*Safety Tips are brought to you by
Dept. of Campus Security.
Stay Informed, Stay Alive*



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Academic Advisement Bldg 745, 2nd Floor, Rm 211 213-477-2577
Spring Drop in Hours
M-F 11:00am and 1:00pm



**CHOOSE
YOUR
PATH**

**MAJOR AND
MINOR FAIR**
THURSDAY
FEB. 6TH, 12-2PM
ROSE HILLS PATIO

BROUGHT TO YOU BY:
ACADEMIC ADVISEMENT
advisement@msmc.la.edu



Doheny ASB
Cordially invites you to
participate in our

**Donation
drive to
collect daily
toiletries!**

*Donations will be given to the women
at the St. Francis Center.*

*We are asking for donations of tooth
brushes, toothpaste, deodorant and socks.*

*We will place drop off boxes at the
entrance of Building 4, Building 7, the
cafeteria and the Wigwam.*

*Drop off boxes will be available as of
Monday February 3, 2013 until Thursday
February 13, 2013!*

*For more information feel free to contact
the Women's Leadership Office at*
(213) 477-2983



Did you know?



Violence from abusive relationships is the leading cause of injury to women - more than car accidents, muggings, and rapes combined.



Women of all races are equally vulnerable to violence by an intimate partner.



Women ages 16 to 24 experience the highest rates of intimate partner violence.



MSMC Student Health Services Healthy Campus



FOR MORE INFORMATION CONTACT STUDENT HEALTH SERVICES AT 310-954-4110 CHALON OR 213-477-2685 DOHENY

Nursing Career Panels

Chalon Campus Center

Wed., January 22nd
6 p.m.—8 p.m.

U.S. Air Force
Children's Hospital
Cope Healthcare Solutions
UCLA
St. Francis Med. Ctr.
St. Vincent's Med. Ctr.

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UCLA
USC
VA Hospital

Mon., February 3rd
4:30 p.m.—6 p.m.

Children's Hospital
Kaiser
Providence Consortium
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USC

Recruiters and alumnae from these hospitals and healthcare institutions will be here
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Open to ALL Nursing and Pre-Nursing Students

*Bring 5 - 10 copies of your resume

Please make an appointment to review your resume at Career
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Be Alert to Women's Health Issues!

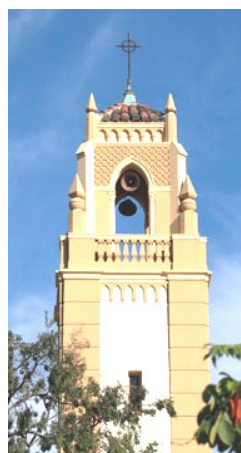
WEAR RED ON FRIDAY, Feb. 7

Heart disease is the #1 killer of women, so
-eat right; achieve healthy weight, manage stress.

FOOD SERVICE is going PAPERLESS

Beginning Feb 10, there will be no more paper products. To
take food-to-go, you'll need to get an ECO-TRAY.

Read about it on the Food Service page
on the MSMC webpage.



Inter-Program Transfer to Chalon for Fall 2014

To access the Instructions/
Requirements and the **Program
Change Application** for inter-
program transfer to Chalon, use the
following:

[http://www.msmc.la.edu/
undergraduate-associate-programs/
inter-program-transfer.asp](http://www.msmc.la.edu/undergraduate-associate-programs/inter-program-transfer.asp)

If you have questions, please con-
tact Jeanette Stone at
jstone@msmc.la.edu or
(213) 477-2559.

Deadline: March 12, 2014

This Week with Campus Ministry

Cookies!
Monday, Feb. 3

Mass
Wednesday,
Feb. 5, 2014, 4:45
All are welcome!



CONFIRMATION Sessions
Ask at Campus
Ministry Office

SUNDAY MASS at CHALON

Sunday, February 9, at 7:00pm in Mary Chapel (Chalon)
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DOHENY Phone: (213) 477-2672 Office: House 7

**** SAVE THE DATE ****

MOUNT ST. MARY'S COLLEGE
8TH ANNUAL

PRESIDENT'S INVITATION TO SERVE

TO STUDENTS, FACULTY, STAFF, ALUMS, AND FRIENDS OF THE COLLEGE

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Kimberly Terrill, Director for Community Engagement at kterrill@msmc.la.edu.
Sponsored by the President's Office, the Office of Community Engagement, Alumnae Relations, & Campus Ministry.

Graduating?

Place your order for your graduation cap, gown, tassel, and hood at the bookstore beginning Feb. 1. Your order will be in the bookstore after Spring break.

Associate Package:	Already have a black gown ?
\$86.00	Hood \$40
	Tassel \$4.50
	Cap \$9.00

Katie Chiles | Store Manager | Follett 0723
Doheny Campus Bookstore | 213-477-2760

Read all about Commencement on the MSMC web page.



The Language and Culture Department presents:
The Spanish Experience: Medieval to Contemporary Spain



A Spanish Fiesta...

Experience the best that Spain has to offer.
Journey on a 10-day trip to Barcelona,
Madrid, Toledo and Montserrat.

Some of the locations we will visit include
Gaudi's unfinished Sagrada Familia, the
Royal Palace in Madrid, a 9th-century
monastery in Montserrat and the former
capital of Visigoth Spain, Toledo.

This trip is great for anyone who is interested
in art, history, architecture, language and so
much more.

***THERE ARE STILL SPACES
AVAILABLE!!!***



Pricing and what is included

Tour Includes: Round-trip airfare from LAX to Barcelona and
Madrid to LAX, 9 night accommodation at a 3 star hotel in the city
center, 9 full breakfasts, 2 lunches*, 3 dinners* (one Flamenco and
dinner show), transportation to and from the airport, hotels,
excursions and specified tourist attractions. Entrance fees to
specified tourist attractions, excursions to Montserrat and Toledo,
guided tour of Barcelona, Madrid, Montserrat and Toledo, cable
car ride to Montserrat Monastery and train transportation from
Barcelona to Madrid.

Approximate cost: \$3,500.00 (minimum 15 students) *
Price includes air and land package

*Due to airline departure fees and travel fluctuations in the
market, all fees are subject to monthly changes until deposit is
made.

For further information

Contact instructor,
Vernice Grajeda at
vgrajeda@msmc.la.edu
Office: H512



Join us in sharing the love to our dear
neighbors this Valentine's Day by:



When: Thursday, February 13th
1:00-2:00pm

Where: Mansion Lawn

Why: Because everyone deserves an act of love and
kindness on Valentine's Day

All goodie bags will be delivered to the St. Francis
Center on Valentine's Day Friday, Feb. 14th

Sponsored by Doheny ASB Sophomore Senators and Campus Ministry

Doheny Happenings

Upcoming Events for the Traditional AA. Student
Mount St. Mary's College, Doheny Campus

Volume 43, Issue 18

February 10, 2014

THIS WEEK

Tuesday, Feb. 11

1:00 Honor Roll/Dean's List

Reception

5:00 Soccer

Wednesday, Feb. 12

12:00 Bake Sale

12:30 Pilates

Thursday, Feb. 13

1:00 Love Thy Neighbor: Bags, Cards

Friday, Feb. 14

Spanish Test

Sunday, Feb. 16

7:00 Mass at Chalon



Monday, Feb. 17
Presidents' Day
College Closed



SPANISH LANGUAGE TEST

Need to take the Spanish test so that the General Studies GS IV requirement will be waived?

The test is being offered on Friday, Feb. 14, in the Learning Center anytime before 2pm. Make an appointment today.

FOOD SERVICE is going PAPERLESS

Beginning Feb 10, there will be no more paper products. To take food-to-go, you'll need to get an ECO-TRAY.

Read about it on the Food Service page on the MSMC webpage.

Students on the Dean's List and Honor Roll (see bldg. 4 bulletin board) are invited to the following reception:

Celebrate your Academic Success!!!



Join the AA Dean and the Assistant Dean for a short program including an inspirational speaker. Receive a Certificate of Achievement for Dean's List or Honor Roll.

Enjoy fellow scholars and delicious treats.

Tuesday, February 11, 2014
Beginning at 1:00
on the Doheny Campus
of Mount St. Mary's College
in Bldg 10 Parlor



Join us in sharing the love to our dear neighbors this Valentine's Day by:



When: Thursday, February 13th
1:00-2:00pm

Where: Mansion Lawn

Why: Because everyone deserves an act of love and kindness on Valentine's Day

All goodie bags will be delivered to the St. Francis Center on Valentine's Day Friday, Feb. 14th

Sponsored by Doheny ASB Sophomore Senators and Campus Ministry

Did you know that...

- Every 9 seconds in the US a woman is assaulted or beaten.
- Around the world, at least one in every three women has been beaten, coerced into sex or otherwise abused during her lifetime. Most often, the abuser is a member of her own family.
- Domestic violence is the leading cause of injury to women—more than car accidents, muggings, and rapes combined.
- Nearly 1 in 5 teenage girls who have been in a relationship said a boyfriend threatened violence or self-harm if presented with a breakup.
- Domestic violence victims lose nearly 8 million days of paid work per year in the US alone—the equivalent of 32,000 full-time jobs.
- Based on reports from 10 countries, between 55 percent and 95 percent of women who had been physically abused by their partners had never contacted non-governmental organizations, shelters, or the police for help.
- At least 80% of all sexual assaults are committed by an acquaintance of the victim.
- 48.8% of college women who were victims of attacks that met the study's definition of rape did not consider what happened to them as rape.
- More than 70% of rape victims knew their attackers, compared to about half of all violent crime victims.

Want to raise awareness and increase violence prevention?

Look for

"The Clothesline Project"

in February

Counseling & Psychological Services
C: (310)954-4114 D: (213)477-2668
M-Th: 8:30-5p F: 8:30-4:30p



MOUNT ST. MARY'S COLLEGE

STUDENT



AMBASSADOR
PROGRAM

If I can do it, so can you!

Applications Now Available Online

***for Second Semester Freshmen, Sophomores, and Juniors
for Fall 2014***

Student Ambassadors work with high school students and community partners to answer questions about preparation for college, college life, & financial aid. High School Ambassadors act as role models for their students and also provide support to high school counselors and Community Partner representatives.

Applications due Friday, February 28.
Go to Portal for more info and application.

Violence Prevention– Tip 2

Don't be a victim of Sexual Assault. When you're preparing for a date or a party, make sure to have enough money to pay for your meal and transportation home, if necessary. Have your cell phone charged and with you. Program a taxi company phone number into your directory. There are many taxi apps (Ex. Taxi Magic) you can download that would allow you to pay with a credit card on your phone. If you are going to a party, go in a group or with a friend and never leave your drink unattended. It takes only a second to slip something in your drink that would make you vulnerable. Know your limit and stop when you feel the affects of alcohol. Don't ignore sudden feelings of mistrust just because you have known someone for a long time. You can't tell if a person has the potential to rape based on past behaviors. Report all incidents to Campus Security



**Safety Tips are brought to you by
Dept. of Campus Security.**

WHAT WOULD YOU DO?

In a continuing effort to keep the MSMC community safe, the Dept. of Campus Security would like to share with you some basic information regarding an active shooter scenario. Key elements of this protocol include *A Profile of an Active Shooter*, *How to Respond When an Active Shooter is in Your Vicinity* and *How To Respond When Police Arrive*. Also available on the portal is a "Run, Hide, Fight" decision tree. All of this information can be found by visiting the MSMC Portal and clicking on the Campus Security link.

Michael McFatridge
Director of Campus Security

Bake Sale For **Bag of Success**
Wednesday February 12, 2014



Ahmanson Commons
from 12:00pm– 2:00pm



PLEASE HELP US FUNDRAISE

Brought to you by the Student Ambassador Program

FREE BEGINNING PILATES MAT

Come learn the basics of Pilates!

Open to all Students, Staff & faculty



Wednesdays

12:30 - 1:30pm

February 5th, 12th, 19th & 26th

@ The Doheny Fitness Center



Doheny ASB

Cordially invites you to participate in our

Donation drive to collect daily toiletries!

Donations will be given to the women at the St. Francis Center.

We are asking for donations of tooth brushes, toothpaste, deodorant and socks.

We will place drop off boxes at the entrance of Building 4, Building 7, the cafeteria and the Wigwam.

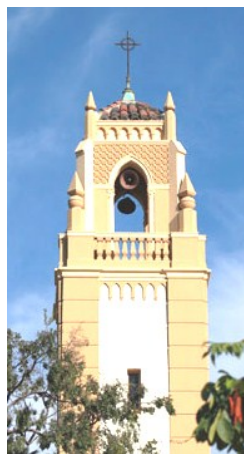
Drop off boxes will be available as of Monday February 3, 2013 until Thursday February 13, 2013!

For more information feel free to contact the Women's Leadership Office at

(213) 477-2983



Inter-Program Transfer to Chalon for Fall 2014



To access the Instructions/Requirements and the **Program Change Application** for inter-program transfer to Chalon, use the following:

<http://www.msmc.la.edu/undergraduate-associate-programs/inter-program-transfer.asp>

If you have questions, please contact Jeanette Stone at jstone@msmc.la.edu or (213) 477-2559.

Deadline: March 12, 2014

RED ZONE

WHAT IS IT: IN COORDINATION WITH "TAKE BACK THE NIGHT" THIS EVENT BRINGS AWARENESS TO YOUNG WOMEN ABOUT SEXUAL VIOLENCE.

TIME: 12:00-2:00pm

WHEN: Thursday, February 20th, 2014

WHERE: Donohue Center

COME JOIN DOHENY ASB TO SPREAD AWARENESS BY PLANTING YOUR OWN SEED OF HOPE, SNACKS, AND OTHER ARTS AND CRAFTS.



EARN A STRONG HEART...



ONE MOUNT MILE AT A TIME! Program begins February 1st. Stop by the Doheny Fitness Center to sign up!

- ◊ Only one card per person.
- ◊ The program is open to all student, staff and faculty.
- ◊ Only one stamp per visit per day allowed.
- ◊ Each workout must be a cardio or strength training workout and last at least 45 minutes.
- ◊ If a participant works out for five straight days, they earn a free day.
- ◊ No transferring of cards to another individual.
- ◊ No back tracking will be allowed if a participant has forgotten to get their card stamped.

DOHENY SOCCER

WHEN: Tuesdays starting January 21st

WHERE:

North Lawn

TIME:

5:00-6:30pm



NO SIGN UPS ARE NECESSARY

This Week with Campus Ministry

Cookies!

Monday, Feb. 10

Liturgy of the Word

Wednesday,

Feb. 12, 2014, 4:45

All are welcome!



CONFIRMATION sessions

Wednesdays at 7:30

In Mercy Chapel

MARY chapel (Chalon) and

MERCY chapel (Doheny)

Are OPEN daily from 6:00am to 10:00pm.

Stop by for quiet prayer and presence.

SUNDAY MASS at CHALON

Sunday, February 16, at 7:00pm in Mary Chapel (Chalon)

Shuttle leaves at 6:00pm

24 hours a day on the web: <http://www.msmc.la.edu/cm>

Email: campusministry@msmc.la.edu

DOHENY Phone: (213) 477-2672 Office: House 7

Graduating?

Place your order for your graduation cap, gown, tassel, and hood at the bookstore beginning Feb. 1. Your order will be in the bookstore after Spring break.

Associate Package:	Already have a black gown ?
\$86.00	Hood \$40
	Tassel \$4.50
	Cap \$9.00

Katie Chiles | Store Manager | Follett 0723
Doheny Campus Bookstore | 213-477-2760

Read all about Commencement on the MSMC web page.



Did you know?

YOU MAY BE IN AN ABUSIVE RELATIONSHIP IF YOUR PARTNER...



Isolates you from family and friends



Tells you how to act



Blames you for how they treat you, or for anything bad that happens



Makes you feel tied down, like you have to check in



MSMC Student Health Services Healthy Campus



FOR MORE INFORMATION CONTACT STUDENT HEALTH SERVICES AT 310-954-4110 CHALON OR 213-477-2685 DOHENY



The Language and Culture Department presents:

The Spanish Experience: Medieval to Contemporary Spain



A Spanish Fiesta...

Experience the best that Spain has to offer.

Journey on a 10-day trip to Barcelona, Madrid, Toledo and Montserrat.

Some of the locations we will visit include Gaudi's unfinished Sagrada Familia, the Royal Palace in Madrid, a 9th-century monastery in Montserrat and the former capital of Visigoth Spain, Toledo.

This trip is great for anyone who is interested in art, history, architecture, language and so much more.

THERE ARE STILL SPACES

AVAILABLE!!!



For further information

Contact instructor,
Vernice Grajeda at
vgrajeda@msmc.la.edu
Office: H512

FREE 45 min. private CONSULTATION



Whether your goal is to lose weight, build lean muscle, increase endurance capacity, or improve your overall health a nutritional program is tailored to get you the results that you are looking for. She will make eating tasty and healthy for you. Learn how to EAT WELL for your body type instead of dieting.



Döri Zerlin MS RD
Nutrition & mind, body & soul

Our Registered Dietitian will be available on both campuses:

Doheny: Wednesday, February 19, 2014

Chalon: Tuesday, February 18, 2014

Health is your wealth.
The idea is to feed your body, not starve it.

Call and make an appointment today!

Chalon 310-954-4110 / Doheny 213-477-2685



Doheny Happenings

Upcoming Events for the Traditional AA. Student
Mount St. Mary's College, Doheny Campus

Volume 43, Issue 19

February 18, 2014

THIS WEEK

Tuesday, Feb. 18
ADVISEMENT BEGINS
4:30 Criminology Careers

Wednesday, Feb. 19
Dietitian appointments
4:45 Liturgy of the Word

Thursday, Feb. 20
11:20 Commuter Day
12:00 Red Zone

Saturday, Feb. 22
AACW Variety Show

Sunday, Feb. 23
7:00 Sunday Mass at Chalon



The California School of Forensic Studies and Mount St. Mary's College invite you to

CAREERS IN CRIMINOLOGY

with Dr. Eric Hickey, Ph.D.

Learn about Career opportunities in the fields of criminology and forensics,

CSFS new Applied Criminology Master's program
and real-life cases from Dr. Hickey's 30+ year career

Perfect for those interested in entering—or already working within—emerging and dynamic fields, such as:

Criminal Justice • Law Enforcement: local, state & federal • Border Security • Education Psychological Services: victim & social • Probation & Parole • Fire & Medical Services



Eric Hickey Dean, California School of Forensic Studies

Dr. Eric Hickey is an expert on serial killers, psychopaths and sexual predators. He is author of several books including *Serial Murderers and Their Victims*, now in its 5th edition. Dean Hickey has taught many courses in criminal personalities, sex crimes, homicide and psychopathology. He has considerable field experience working with the criminally insane, psychopaths, sex offenders and other habitual criminals. He publishes books, articles and lectures extensively on the etiology of violence and serial crime.

Tuesday, February 18 | 4:30—5:30 P.M.

Doheny Campus—Donohue Center

Sponsored by Psychology Department and Doheny Career Services



Commuter Day

sponsored by Casa Magnifica

Thursday, Feb. 20 starting at 11:20am
in front of House 20

Enjoy a goodie bag as a little introduction to this living and learning community.

RED ZONE

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WHEN: Thursday, February 20th, 2014

WHERE: Donohue Center

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Did you know?

IF YOU ARE IN AN ABUSIVE RELATIONSHIP...



Remember: This is not your fault. No one deserves to be treated in an abusive way!



Share what's happening with a trusted friend. It is important to have a good support system.



Seek outside help in a support group or in counseling.



MSMC Student Health Services Healthy Campus



FOR MORE INFORMATION CONTACT STUDENT HEALTH SERVICES AT 310-954-4110 CHALON OR 213-477-2685 DOHENY

ISAE/Student Support Services (TRIO)

ISAE Event!

ISAE goes to the Opera. Join us on Sunday, March 23rd to watch *Lucia di Lammermoor*. A darkly romantic tale of family honor, betrayal and madness. Sign-ups begin on Monday, February 24th at 9:00am in the ISAE Office. Limited space! Please don't forget your \$20 refundable deposit (check or cash).

ISAE Student Participation Agreement Reminders:

Meet with your ISAE Counselor & Peer Advisor
(Freshmen 3x/sem; Soph 2x/sem)
Update your Educational Plan every semester
Attend a minimum of 2 college ISAE Events per semester

Deadline for ISAE Students to meet with their
ISAE Counselor & Peer Advisor for their 1st
Spring appointment - FEBRUARY 21st.

Doheny ISAE Staff Team

Veronica Martinez (mvmartinez@msmc.la.edu)

Virginia Cons (vcons@msmc.la.edu)

Doheny ISAE office in Bldg. 7, 1st Floor Back



Coming Soon!

Spring Break

March 3 through March 7, 2014
No classes for Traditional AA Students

College offices are open during this time.

Classes resume Monday, March 10.

MOUNT ST. MARY'S COLLEGE

STUDENT
AMBASSADOR
PROGRAM

If I can do it, so can you!

Applications Now Available Online

**for Second Semester Freshmen, Sophomores, and Juniors
for Fall 2014**

Student Ambassadors work with high school students and community partners to answer questions about preparation for college, college life, & financial aid. High School Ambassadors act as role models for their students and also provide support to high school counselors and Community Partner representatives.

Applications due Friday, February 28.
Go to Portal for more info and application.

Violence Prevention– Tip 3

Dating violence can happen to anyone. It is important to recognize the “red flags” of an unhealthy relationship to prevent future violence. Behaviors such as insulting you in front of others, controlling your money and finances, quickly losing his or her temper with you or someone else, demanding to know where you are at all times, getting extremely jealous of your time spent with others and hitting, pushing or acting out violently are all a clear indication that the relationship is unhealthy and extreme violent behavior is not far behind. If you find yourself scared of your dating partner, feeling depressed or anxious, losing interest in or giving up activities that once were important to you are all signs that this is an unhealthy relationship and you need to get out. Feeling safe in a relationship is crucial. No matter what you may have done to upset your partner, you never deserve to be treated in a degrading or violent manner. Your dating partner should never put you down or make you feel bad about yourself. Healthy dating relationships require responsibility and mutual respect. Dating should be fun! Feeling fearful or unsafe is not fun! Remember always report incidents to Campus Security.

*Safety Tips are brought to you by
Dept. of Campus Security.
Stay Informed, Stay Alive*



March the Neighborhood, Pray, Speak Out
In Support of Victims of Violence Against
Women

TAKE BACK THE NIGHT

Tuesday, February 25, 2014

5:30 p.m.

Mercy Chapel, Doheny Campus



Sponsored by Campus Ministry, CPS, Residence Life, Commuter Services, Fitness Center and Community Engagement

WHAT WOULD YOU DO?

In a continuing effort to keep the MSMC community safe, the Dept. of Campus Security would like to share with you some basic information regarding an active shooter scenario. Key elements of this protocol include *A Profile of an Active Shooter*, *How to Respond When an Active Shooter is in Your Vicinity* and *How To Respond When Police Arrive*. Also available on the portal is a “Run, Hide, Fight” decision tree. All of this information can be found by visiting the MSMC Portal and clicking on the Campus Security link.

Michael McFatridge
Director of Campus Security

An opportunity at Chalon:



African American Council of Women Variety Show
February 22, 2014
2:00-6:00pm
To Purchase Tickets Contact: Kimber Slater
kimbslat@mymcmc.la.edu

Ticket includes: Meal
Show
Raffle Ticket

Pre-Sale: \$10.00
At The Door: \$12.00

EARN A STRONG HEART...



ONE MOUNT MILE AT A TIME!
Program begins February 1st.
Stop by the Doheny Fitness Center
to sign up!

From the Academic Advisement office:

ADVISEMENT PERIOD for Fall 2014 Semester **February 18 – March 14**

Registration for the Fall 2014 semester begins **March 17**. Please contact your advisor today to schedule your appointment! If you do not meet with an advisor, a hold will remain on your account and you will be unable to register for Fall.

There will be no Drop-In Hours during Advisement Period*

WHO IS MY ADVISOR?

Students are primarily assigned departmental faculty advisors. Liberal Arts, Pre-Health/Nursing, and Undeclared students at Doheny are assigned advisors in the Advisement Center. Check **WebAdvisor for Students>User Accounts**, for your advisor assignment and contact information.

Location

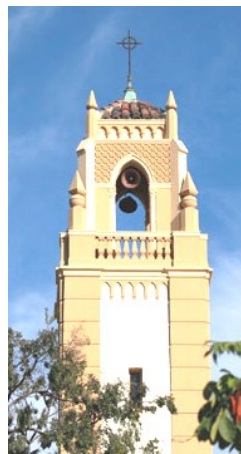
745 Student Services Bldg., Room 211
213.477.2577
advisement@mcmc.la.edu

Inter-Program Transfer to Chalon for Fall 2014

To access the Instructions/ Requirements and the **Program Change Application** for inter-program transfer to Chalon, use the following:

<http://www.msmc.la.edu/undergraduate-associate-programs/inter-program-transfer.asp>

If you have questions, please contact Jeanette Stone at jstone@mcmc.la.edu or (213) 477-2559.



Mount St. Mary's
COLLEGE
Athenians Abroad

STUDY AWAY Info Session

FEB. 24 3-4PM
BLDG 4 RM 112



have you seen a **RED FLAG** OF DATING VIOLENCE?

SAY SOMETHING.

BE AN ACTIVE BYSTANDER.

BECOME INFORMED...

MONDAY CHALON ADMIN LAWN
FEBRUARY 24, 2014

TUESDAY DOHENY NORTH LAWN
FEBRUARY 25, 2014

12:00 PM - 2:00 PM

health & living
student health

Chalon 310-954-4130 / Doheny 213-477-2985

THE RED FLAG CAMPAIGN

If you or a friend is dealing with an unhealthy relationship, call THE NATIONAL DOMESTIC VIOLENCE HOTLINE at 1-800-799-SAFE (7233) (toll-free). It's FREE, CONFIDENTIAL, and operates 24 HOURS A DAY.

This Week with Campus Ministry

Cookies!

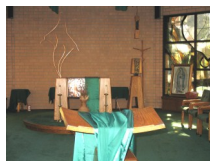
Monday, Feb. 18

Liturgy of the Word

Wednesday,

Feb. 19, 2014, 4:45

All are welcome!



SUNDAY MASS at CHALON

Sunday, February 23, at 7:00pm in Mary Chapel (Chalon)

Shuttle leaves at 6:00pm

24 hours a day on the web: <http://www.msmc.la.edu/cm>

Email: campusministry@msmc.la.edu

DOHENY Phone: (213) 477-2672 Office: House 7



SUMMER SCHOOL @ THE MOUNT ONLY \$75 PER UNIT!

May 19 — June 26

Monday through Thursday

Doheny Campus

In Person 8:00 am – 10:00 am	ART 3 <i>Visual Thinking</i> (GS IIIA)
	RST 61 <i>Intro to World Religions</i> (GSVA.4 & GS VI)
	HIS 1A <i>Western Civilization</i> (GS IIIC)
In Person 10:15 am – 12:15 pm	ENG 1B <i>Freshman English</i> (GS IA)
	PHI 16 <i>Philosophy Through Culture</i> (GS VB.1)
	POL 1 <i>American Gov't & Institutions</i> (GS IIIG)
Online 8 Weeks 5/19 – 7/11	ENG 1A <i>Freshman English</i> (GS IA) Using the Portmont @ MSMC platform

Register on WebAdvisor from 6:00 am April 1 to May 4.

Important Information:

- Add/Drop deadline: May 23, 2014
- Withdraw deadline: June 13, 2014
- No refunds once classes begin
- Payment due date May 9th to avoid being dropped

If you have any questions, please contact: Registrar's Office (x4020/2520)



**Come join your Doheny ASB Freshman Senators for
an afternoon of fun!**

Thursday February 27th

12:30-2:00pm

In front of Ahmanson's Cafe

There will be a **prize given to a winner of each round!**



**FREE 45 min. private
CONSULTATION**



Whether your goal is to lose weight,
build lean muscle, increase endurance
capacity, or improve your overall health
a nutritional program is tailored to get
you the results that you are looking for.
She will make eating tasty and healthy
for you. Learn how to **EAT WELL** for
your body type instead of dieting.



Döri Zerlin MS RD
Nutrition & mind, body & soul

Our Registered Dietitian will be available on both campuses:

Doheny: Wednesday, February 19, 2014

Chalon: Tuesday, February 18, 2014

***Health is your wealth.
The idea is to feed your body, not starve it.***

Call and make an appointment today!

Chalon 310-954-4110 / Doheny 213-477-2685



Doheny Happenings

Upcoming Events for the Traditional AA. Student
Mount St. Mary's College, Doheny Campus

Volume 43, Issue 20

February 24, 2014

THIS WEEK

Monday, Feb. 24

- 11:00 Clothesline Project
- 12:00 These Hands
- 3:00 Study Away

Tuesday, Feb. 25

- 11:00 Clothesline Project
- 12:00 Red Flag
- 5:30 Take Back the Night

Wednesday, Feb. 26

- 11:00 Clothesline Project
- 4:45 Liturgy of the Word

Thursday, Feb. 27

- 11:30 African-American Celebration
- 12:30 Bingo

Spring Break

March 3 through March 7, 2014
No classes for Traditional AA Students

College offices are open during this time.

Monday, Mar. 10

Classes Resume



have you seen a **RED FLAG** OF DATING VIOLENCE?

SAY SOMETHING.

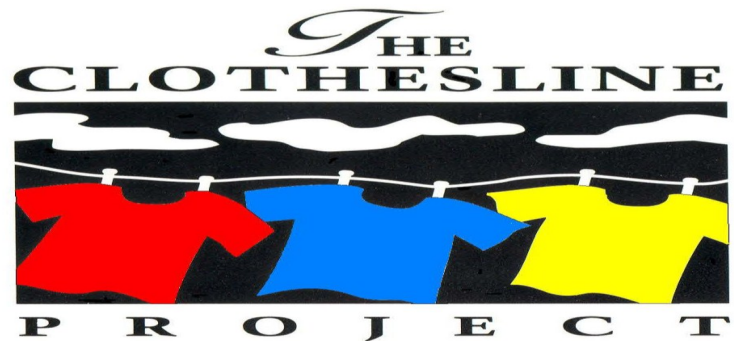
BE AN ACTIVE BYSTANDER.

BECOME INFORMED...

TUESDAY DOHENY NORTH LAWN
FEBRUARY 25, 2014

12:00 PM - 2:00 PM

THE RED FLAG CAMPAIGN



The Clothesline Project

A visual display that bears witness for survivors of violence
Decorate a shirt that represents your experiences or the experience of someone you care about.

February 24th-26th, 2014

Doheny - Ahmanson Commons Driveway
Mon-Wed 11 am - 2 pm

BLACK HISTORY MONTH

FOOD MUSIC ENTERTAINMENT
Thursday, Feb. 27
11:30-1:30
Ahmanson Commons

Sponsored by Doheny Commuter Services

March the Neighborhood, Pray, Speak Out
In Support of Victims of Violence Against Women

TAKE BACK THE NIGHT

Tuesday, February 25, 2014
5:30 p.m.

Mercy Chapel, Doheny Campus



Sponsored by Campus Ministry, CPS, Residence Life, Commuter Services, Fitness Center and Community Engagement

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(Freshmen 3x/sem; Soph 2x/sem)
Update your Educational Plan every semester
Attend a minimum of 2 college ISAE Events per semester

Doheny ISAE Staff Team

Veronica Martinez (mvmartinez@msmc.la.edu)

Virginia Cons (vcons@msmc.la.edu)

**Doheny ISAE office in Bldg. 7, 1st Floor Back
Offices - (213) 477-2663**

Violence Prevention– Tip 4

Hazing is a form of violence and is defined as any method of pre-initiation into a student organization or any pastime or amusement engaged with respect to such an organization which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any student or person. It is against College policy to conspire to engage in hazing, or commit any act that injures, degrades, or disgraces, or intends to injure, degrade, or disgrace any other student. But more importantly you can lose your life to hazing and be one of the many victims that have lost their life for the sake of their organization. Stand up and say NO to any organization that tries to pressure you with hazing. Your life is important. Remember always report incidents to Campus Security.

*Safety Tips are brought to you by
Dept. of Campus Security.*



Did you know?

IF YOU ARE IN AN ABUSIVE RELATIONSHIP...



Remember: This is not your fault. No one deserves to be treated in a abusive way!



Share what's happening with a trusted friend. It is important to have a good support system.



Seek outside help in a support group or in counseling.



MSMC Student Health Services Healthy Campus



FOR MORE INFORMATION CONTACT STUDENT HEALTH SERVICES AT 310-954-4110 CHALON OR 213-477-2685 DOHENY

MOUNT ST. MARY'S COLLEGE

STUDENT



AMBASSADOR
PROGRAM

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**for Second Semester Freshmen, Sophomores, and Juniors
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an afternoon of fun!**

Thursday February 27th

12:30-2:00pm

In front of Ahmanson's Cafe

There will be a **prize given to a winner of each round!**



Articles for DOHENY HAPPENINGS are due on Wednesday of the week before the issue by noon. Send to
DohenyHappenings@msmc.la.edu.

End of Year Awards

Laurel Day

Thursday, April 24

6:30 in Rose Hills Auditorium

Come and celebrate your and your classmates
(both first and second years)
accomplishments. Invite Family.

Graduating in May?

Attending the

Commencement Ceremony?

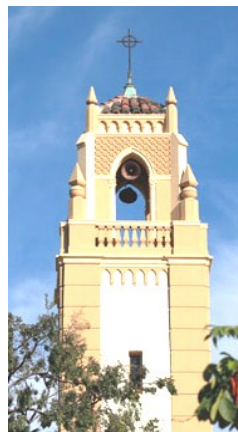
MOUNT ST. MARY'S COLLEGE
COMMENCEMENT CEREMONY

Monday, May 12, 2014

3:00—5:00 p.m.

SHRINE AUDITORIUM

For everything you need to know about the commencement ceremony, go to the MSMC webpage www.msmc.la.edu and click on the Commencement button on the left side of the screen.



Inter-Program Transfer to Chalon for Fall 2014

To access the Instructions/
Requirements and the **Program
Change Application** for inter-
program transfer to Chalon, use
the following:

[http://www.msmc.la.edu/
undergraduate-associate-
programs/inter-program-
transfer.asp](http://www.msmc.la.edu/undergraduate-associate-programs/inter-program-transfer.asp)

If you have questions, please contact Jeanette Stone
at jstone@msmc.la.edu or (213) 477-2559.

Deadline: March 12, 2014

EARN A STRONG HEART...



ONE MOUNT MILE AT A TIME!

Program begins February 1st.
Stop by the Doheny Fitness Center
to sign up!

**** SAVE THE DATE ****

MOUNT ST. MARY'S COLLEGE

8TH ANNUAL

PRESIDENT'S INVITATION TO SERVE

TO STUDENTS, FACULTY, STAFF, ALUMS, AND FRIENDS OF THE COLLEGE

Join us as we honor the legacy and tradition of the Sisters of St. Joseph of Carondelet in

Serving Our "Dear Neighbor." (Father Medaille)

Saturday, March 29, 2014

Site locations and additional information will follow.

If you have any questions, contact

Maryann Nguyen, Assistant Director for Community Engagement at mnguyen@msmc.la.edu or
Kimberly Terrell, Director for Community Engagement at kterrell@msmc.la.edu.

Sponsored by the President's Office, the Office of Community Engagement, Alumnae Relations, & Campus Ministry.

Mount St. Mary's
COLLEGE
Athenians Abroad

STUDY AWAY

Info Session

FEB. 24 | 3-4PM
BLDG 4 RM 112



A friendly reminder from the Business Office!

If you see a notification on your Portal
of a **Bursar's hold**, please call (213-
477-2540) or visit us (Bldg 745) to see what you need to
do to clear your hold! Pre-registration is fast approaching,
and a hold on your account can prevent you from getting
the classes you need.

This Week with Campus Ministry

Cookies!

Monday, Feb. 24

Liturgy of the Word

Wednesday,

Feb. 26, 2014, 4:45

All are welcome!

Early Celebration of **Mardi Gras**

Thursday, Feb. 27

We'll be making candy necklaces and bracelets in the colors of Mardi Gras.

Enjoy some fun music while you make and take some "beads"!



LENT begins on
ASH WEDNESDAY
March 5 (during Spring Break)
Join us if you can.
Noon Mass with
distribution of ashes



Blessings from your Campus Ministry team!

We are here for you:

<http://www.msmc.la.edu/campusministry@msmc.la.edu>

@msmc_cm on Twitter

[Campus Ministry at Mount St. Mary's College](#) on Facebook
[msmc_cm#](#) on Instagram

DOHENY Phone: (213) 477-2672 Office: House 7

CHALON Phone: (310) 954-4125 Humanities, First Floor

These Hands Don't Hurt



Pledging as a Community to End Violence

Monday, February 24, 2014

12pm-2pm

Wigwam Hall

Sponsored by: **Violence Prevention Committee**

Residence Life, Student Programming & Commuter Services,
Career Services, Counseling & Psychological Services,
Fitness Education, Student Health Services, &
Women's Leadership

Instagram



Hashtag us
#MSMCHeals



Residence Life Invites you!



Global Athenian Café's

- Fun Crafts
- Delicious Milkshakes
- Wii Games
- Open to both commuters and residents
- Ahmason Commons
- 4 pm—5:30 pm



Global Athenian Café Dates

Sunday, March 16th
Ireland

Sunday, April 27th
Worldwide

Sunday, May 4th
Mexico



SUMMER SCHOOL @ THE MOUNT ONLY \$75 PER UNIT!

May 19 — June 26

Monday through Thursday
Doheny Campus

In Person 8:00 am — 10:00 am	ART 3 <i>Visual Thinking</i> (GS IIIA)
	RST 61 <i>Intro to World Religions</i> (GSVA.4 & GS VI)
	HIS 1A <i>Western Civilization</i> (GS IIIC)
In Person 10:15 am — 12:15 pm	ENG 1B <i>Freshman English</i> (GS IA)
	PHI 16 <i>Philosophy Through Culture</i> (GS VB.1)
	POL 1 <i>American Gov't & Institutions</i> (GS IIIG)
Online 8 Weeks 5/19 — 7/11	ENG 1A <i>Freshman English</i> (GS IA) Using the Portmont @ MSMC platform

Register on WebAdvisor from 6:00 am April 1 to May 4.

Important Information:

- Add/Drop deadline: May 23, 2014
- Withdraw deadline: June 13, 2014
- No refunds once classes begin
- Payment due date May 9th to avoid being dropped

If you have any questions, please contact: Registrar's Office (x4020/2520)

Save the Date

International Language and
Culture Festival & Poster Session
12:00 p.m.— 2:00 p.m.

Academic Symposium
Workshops
2:00 p.m.— 5:00 p.m.

March 20, 2014
Chalon Campus

Afternoon classes will be cancelled

Opportunities for faculty, students & staff:
Poster Sessions
20 minute presentations
50 minute presentations

Doheny Happenings

Upcoming Events for the Traditional AA. Student
Mount St. Mary's College, Doheny Campus

Volume 43, Issue 21

March 10, 2014

THIS WEEK

Monday, March 10
Advisement Continues

Tuesday, March 11

Wednesday, March 12
IPT Form Due
4:45 Liturgy of the Word

Thursday, March 13
9:00am CIO Open Forum
12:30 Loom-A-Thon
12:30 Guess Lentil Beans

Sunday, March 16
4:00 Athenian Café
7:00 Chalon Sunday Mass



Loom-A-Thon Against Cancer



Join Doheny ASB as we challenge ourselves
to make the most loom bracelets
we can in 1.5 hours!

Thursday, March 13, 12:30PM-2:00PM
Doheny Mansion Lawn

All looms will be donated to the Max Love Project, an
organization that works hard to raise funds and awareness for
children fighting cancer.



INTERESTED IN
WINNING A PAIR OF
DODGER TICKETS?!

ALL YOU NEED TO DO IS
GUESS THE NUMBER OF
LENTIL BEANS IN THE JAR.
Enter to win for only \$1



All proceeds will benefit the Max Love Project

Make Your Guess At the Following Times:

Women's Leadership Office Monday-Friday 8:00am-4:30pm

Thursday, March 13th & Tuesday, March 18th, Ahmanson Patio 12:30pm-2:00pm

Ends Friday March 21st at 4:30pm

Residence Life Invites you!



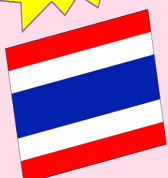
Global Athenian Café's

- Fun Crafts
- Delicious Milkshakes
- Wii Games
- Open to both commuters and residents
- Ahmanson Commons
- 4 pm—5.30 pm

Global Athenian Café Dates

Sunday, March 16th	Ireland
Sunday, April 27th	Worldwide
Sunday, May 4th	Mexico

Don't forget your
MSMC I.D. !!!



Transferring to Chalon in Fall 2014?

Inter-Program Transfer Forms

Due Wednesday, March 12
To Jeanette Stone, Bldg 2



Personal Finance (BUS 093)

is a one unit elective being offered in Fall 2014. It meets at 1:00 pm on Thursdays. The class combines class discussions and online research. We use the best web sites out there to learn about financial planning, banking and credit, budgeting and cost of living, and saving and investing for your future. Everyone (no exaggeration!) should know about these basic financial topics. Why not register for this course with a friend? You'll both be glad you did!

Did you know?

MARCH is National Nutrition Month 2014



Five or more servings of fruits and vegetables daily can help ward off chronic diseases.



Some fats are good for you, these unsaturated fats can be found in avocados, nuts and salmon.



The key to maintaining a healthy weight is portion control.



Choose MyPlate.gov



MSMC Student Health Services Healthy Campus



FOR MORE INFORMATION CONTACT STUDENT HEALTH SERVICES AT 310-954-4110 CHALON OR 213-477-2685 DOHENY

CIO Open Forum

Thursday, March 13, 2014

Doheny: 9:00 am – 10 am in Building 4, Room 204
Light Refreshments will be served

Come meet the new CIO
– Chief Information Officer of Technology
Lorraine Frost, our Mount St. Mary's College CIO, would like to have a conversation with students, faculty and staff about the Information Technology at Mount St. Mary's College.
Please join her on March 13, 2014 for the inaugural CIO Open Forum and hear about what she has learned in her first three months, get updates on technology projects on the horizon and share your thoughts about technology at The Mount.
Please contact her at lfrost@msmc.la.edu or X2972 if you have any questions.

Driving Safety Awareness– Tip 2

California law states that all drivers must use hands-free equipment while talking on their cell phone. California DMV states you can stay in compliance by using a Bluetooth, other earpiece or speaker device. But both ears cannot be covered. If caught, you will be charged \$20 for the first offense and \$50 for each subsequent offense. However, additional penalty assessments can end up tripling or more the total fee amount. The conviction will appear on your driving record, but points will not be added. Also keep in mind the law still applies if you are visiting the state of California and get caught talking on your phone while operating a vehicle. According to Distraction.gov, drivers 15-19 years old involved in fatal crashes, 21 percent of the distracted drivers were distracted by the use of cell phones (NHTSA). It is everyone's responsibility to adhere to the laws of the road. Safe driving is smart driving and will increase your chances of getting to your destination safely. If you witness unsafe driving report it to local law enforcement or if on Campus report all incidents to Campus Security. If you want to remain anonymous visit Campus Security on the portal page and click on [If You See Something, Say Something](#). You could just be saving a life.



Safety Tips are brought to you by
Dept. of Campus Security.

Blood Drive

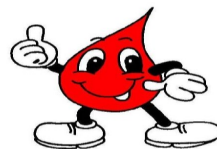
Sponsored by Doheny ASB



Give Blood and Save a Child's
Life Today

Tuesday, April 1, 2014
Donohue Center
9 am to 2 pm

Sign-ups will begin Monday, March 17th



Children's
Hospital
LOS ANGELES
We Treat Kids Better

From the Academic Advisement office:

ADVISEMENT PERIOD for Fall 2014 Semester
Continues until March 14

Registration: Sophomores Wednesday, March 19
Freshmen Thursday, March 20
For Chalon Classes Friday, March 21
Black Out Week—March 24-28; No Registration
There will be no Drop-In Hours during Advisement Period

WHO IS MY ADVISOR?

Check **WebAdvisor for Students>User Accounts**, for your advisor assignment and contact information.

745 Student Services Bldg., Room 211
213.477.2577
advisement@msmc.la.edu

End of Year Awards

Laurel Day

Thursday, April 24

6:30 in Rose Hills Auditorium

Come and celebrate your and your classmates
(both first and second years)
accomplishments. Invite Family.

Graduating in May?

Attending the

Commencement Ceremony?

MOUNT ST. MARY'S COLLEGE
COMMENCEMENT CEREMONY

Monday, May 12, 2014

3:00—5:00 p.m.

SHRINE AUDITORIUM

For everything you need to know about the commencement ceremony, go to the MSMC webpage www.msmc.la.edu and click on the Commencement button on the left side of the screen.

Doheny Associated Student Body
requests your attendance at

Tea for Tots

an event benefitting Max Love Project,
an organization bringing awareness and
funds to children with cancer

Sunday, March 30, 2014
one o'clock in the afternoon
Doheny Mansion South Lawn

Lunch and Tea will be provided
\$5.00 for students
\$7.00 for faculty, staff, and guests

Tickets are currently available in
the Women's Leadership Office
on the Doheny campus

For more information on
Max Love Project please visit
www.maxloveproject.org



Join the College Community for this Academic Symposium



On Thursday, March 20, 2014

International Language and
Culture Festival & Poster Session

12:00 p.m. – 2:00 p.m.

Campus Circle

Academic Symposium
Workshops

2:00 p.m. – 5:00 p.m.

Humanities Bldg. Classrooms

Classes cancelled from 11:20 to 5:00

Free Lunch served until 1:30

Shuttles leaving at 11:30, 12, and 12:30
and returning at the usual times.

HerStory

Success and Achievement from Women of the Mount

"The future belongs to those who believe in the beauty of their dreams."

~ Eleanor Roosevelt



Join us as we celebrate Women's History Month and welcome
the Mount's very own President, Ann McElaney-Johnson, who
will be discussing HerStory of success and achievement.

All are welcome to attend this special event!

Don't miss this wonderful opportunity to learn from a Mount woman leader!

Tuesday, March 25th

1:00PM-2:00PM

Building 10 Parlor

Refreshments
and snacks will
be provided

Sponsored by Doheny Associated Student Body

** SAVE THE DATE **

MOUNT ST. MARY'S COLLEGE
8TH ANNUAL

PRESIDENT'S INVITATION TO SERVE

TO STUDENTS, FACULTY, STAFF, ALUMS, AND FRIENDS OF THE COLLEGE

Join us as we honor the legacy and tradition of the Sisters of St. Joseph of Carondelet in

Serving Our "Dear Neighbor." (Farther Medaille)

Saturday, March 29, 2014



CPS tip of the Week
It's time for Spring Cleaning!

Spring is a time for new, fresh beginnings. Here
are just a few places in your life where you may
want to "Tidy up":

- ◇ Closet
- ◇ Schedule
- ◇ Relationships



This Week with Campus Ministry



Cookies!
Monday, Mar. 10, 2:00

Church Season of Lent

Want to know a bit about Lent in just 2 minutes?

Watch this video from Busted Halo:

<http://www.youtube.com/watch?v=m3L3c23MfC0&feature=youtu.be>

Liturgy of the Word

Wednesday,
Mar. 12, 2014, 4:45
All are welcome!



Sunday Mass at Chalon
7:00pm
Shuttle leaves at 6:00pm

Blessings from your Campus Ministry team!

We are here for you:

<http://www.msmc.la.edu/cm>
campusministry@msmc.la.edu

@msmc_cm on Twitter

[Campus Ministry at Mount St. Mary's College](#) on Facebook
[msmc_cm#](#) on Instagram

The Final Stretch!



End of the college year can be stressful with so many responsibilities. Finals are just around the corner and may be starting to take a **toll on your energy**. What can you do? The next time you notice feeling tired and drained, try some of the following ways to relax and regroup.

Do something you love. Taking on an activity you enjoy such as painting, going to the beach or walking at a park can help you relax both emotionally and physically.

Listen to music. Listening to relaxing music can help soothe you when you feel stressed and tense.

Take a hot shower. Give yourself half an hour in a day to take a long hot shower and unwind.

Find thirty minutes of 'alone time' in a day. Meditate, write in a journal or do yoga.

Most importantly, communicate. Talk to people you trust like a friend, roommate or a family member about thoughts and feelings that may be weighing you down.



To find out more information on relaxation contact **CPS - Counseling & Psychological Services Counseling is FREE and Confidential.**

M-Th: 8a-5p F: 8a-4:30p
Doheny (213) 477-2668
Chalon (310) 954-4114



MOUNT ST. MARY'S BUSINESS OFFICE PRESENTS:

MONEY MATTERS

KIOSK BOOTH

10:00am-1:00pm

CHALON CAMPUS
In front of the St. Joseph Administration Center

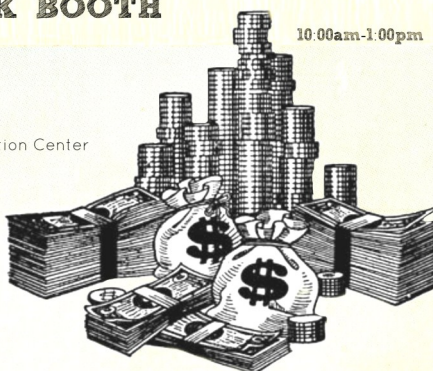
MARCH 11, 2014

MARCH 13, 2014

DOHENY CAMPUS
Outside of the Ahmanson Cafe

MARCH 24, 2014

MARCH 26, 2014



LEARN ABOUT YOUR ACCOUNT:

- FINANCIAL DEADLINES
- HEALTH INSURANCE
- HOW TO READ YOUR 1098t
- eREFUND

+raffles, prizes,
free snacks and
much, much more!

f <https://www.facebook.com/msmclabursar>

MONEY MANAGEMENT WORKSHOP

HOSTED BY THE BUSINESS OFFICE & OFFICE OF STUDENT FINANCING

Please R.S.V.P. BusinessOffice@msmc.la.edu

FREE PIZZA!



- ✓ Find out what a credit score is & how to manage it!
- ✓ How to get the most out of your FAFSA and other financial aid.
- ✓ What happens to my loans after college?
- ✓ And much, much more!

Chalon Campus

when: March 18, 2014

where: Hannon Theater

time: 1pm-2pm

Doheny Campus

when: March 20, 2014

where: Donohue Center

time: 1pm-2pm



Doheny Happenings

Upcoming Events for the Traditional AA. Student
Mount St. Mary's College, Doheny Campus

Volume 43, Issue 22

March 17, 2014

THIS WEEK

Monday, March 17

Tuesday, March 18
5:30 Lenten Adoration

Wednesday, March 19
10:30—4 Henna Tattoos
11:10 Bread Blessing
4:45 Mass

Thursday, March 20
12-5 Academic Symposium
at Chalon
1:00 Money Management Wkshp

Friday, March 21
Last Day to Drop a Class

Sunday, March 22
7:00pm Mass at Chalon



Join the College Community for this Academic Symposium at the Chalon Campus



On Thursday, March 20, 2014

International Language and
Culture Festival & Poster Session
12:00 p.m. – 2:00 p.m.
Campus Circle

Academic Symposium
Workshops
2:00 p.m. – 5:00 p.m.
Humanities Bldg. Classrooms

Classes cancelled from 11:20 to 5:00
Free Lunch served until 1:30 in the Chalon Circle
Shuttles leaving at 11:30, 12, and 12:30
and returning at the usual times.

Registration for Fall 2014

Wednesday, March 19—Sophomores
Thursday, March 20—Freshmen
Friday, March 21—Chalon Classes

If you have not met with your advisor, you WILL NOT be able to register. If you have other holds, meet with those offices and see what you need to do to get those holds released.

CHECK WEBADVISOR

Students who turned their IPT form on time will be able to register for their Chalon classes at their registration appointment time.



Last Day to Drop (withdraw) from a Class Friday, March 21

You'll need

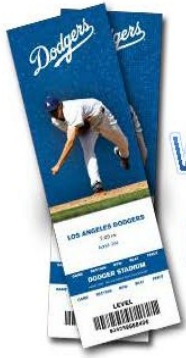
- The add/drop form,
- The signature of the instructor of the class you're dropping,
- Signatures of advisor, business office (and pay \$12.00), and student financing,
- And turn it in to Registrar's Office **by 4:00.**

If you have a HOLD on your account (so the office won't process your drop form), please see Sr. Carol by Wednesday, March 19.



Doheny Business Club Fundraiser

Henna Tattoos
Wednesday, March 19
10:30—4
Ahmanson Driveway



INTERESTED IN WINNING A PAIR OF DODGER TICKETS?!

**ALL YOU NEED TO DO IS
GUESS THE NUMBER OF
LENTIL BEANS IN THE JAR.**

Enter to win for only \$1



All proceeds will benefit the Max Love Project

Make Your Guess At the Following Times:

Women's Leadership Office Monday-Friday 8:00am-4:30pm

Thursday, March 13th & Tuesday, March 18th, Ahmanson Patio 12:30pm-2:00pm

Ends Friday March 21st at 4:30pm

ATTENTION ATTENTION

Second Year PreHealth Nursing Students who are still eligible for the BSN

To be eligible for the Baccalaureate nursing program, eligible pre-health nursing students must take the Kaplan Essay test. Students may take this test on Thursday, March 20, from 2:00 to 4:00 or on Friday, March 21, from 9:00 to 11:00. The test will be given in the Rose Hills Auditorium.

Please bring a pen or pencil and your student ID.

Blood Drive

Sponsored by Doheny ASB



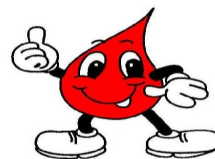
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Tuesday, April 1, 2014

Donohue Center

9 am to 2 pm

Sign-ups will begin Monday, March 17th



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LOS ANGELES**
We Treat Kids Better

MOUNT ST. MARY'S BUSINESS OFFICE
PRESENTS:

MONEY MATTERS

KIOSK BOOTH

10:00am-1:00pm

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in front of the St. Joseph Administration Center

MARCH 11, 2014

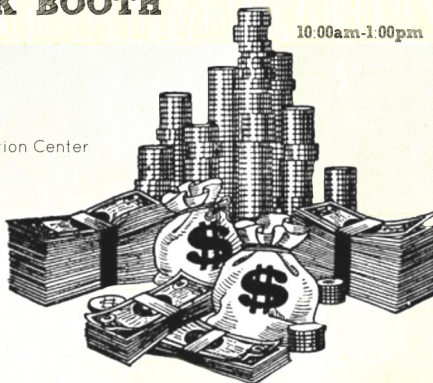
MARCH 13, 2014

DOHENY CAMPUS

Outside of the Ahmanson Cafe

MARCH 24, 2014

MARCH 26, 2014



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+raffles, prizes,
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[HTTPS://WWW.FACEBOOK.COM/MSMCLABURSAR](https://www.facebook.com/MSMCLABURSAR)

Personal Finance (BUS 093)



is a one unit elective being offered in Fall 2014.

It meets at 1:00 pm on

Thursdays. The class combines class discussions and online research. We use the best web sites out there to learn about financial planning, banking and credit, budgeting and cost of living, and saving and investing for your future. Everyone (no exaggeration!) should know about these basic financial topics. Why not register for this course with a friend? You'll both be glad you did!

End of Year Awards

Laurel Day

Thursday, April 24

6:30 in Rose Hills Auditorium

Come and celebrate your and your classmates
(both first and second years)
accomplishments. Invite Family.



Graduating in May? Attending the Commencement Ceremony?

MOUNT ST. MARY'S COLLEGE
COMMENCEMENT CEREMONY

Monday, May 12, 2014

3:00—5:00 p.m.

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For everything you need to know about the commencement ceremony, go the MSMC webpage www.msmc.la.edu and click on the Commencement button on the left side of the screen.

Doheny Associated Student Body
requests your attendance at

Tea for Tots

an event benefitting Max Love Project,
an organization bringing awareness and
funds to children with cancer

Sunday, March 30, 2014
one o'clock in the afternoon
Doheny Mansion South Lawn

Lunch and Tea will be provided
\$5.00 for students
\$7.00 for faculty, staff, and guests

Tickets are currently available in
the Women's Leadership Office
on the Doheny campus

For more information on
Max Love Project please visit
www.maxloveproject.org

We invite the Mount community and friends to

Tombs and Toilets the Closing Reception

at the Jose Drudis Biada Gallery (Chalon) on
Saturday, March 29th, from 3 to 5 pm.

Mary Jo Bole, the artist who created Tombs and Toilets, will attend the exhibition and looks forward to meeting you. Wine and cheese will be served.



The gallery will be open Tuesday through Saturday this week and next from noon to 5:00 pm for the final weeks of the show.

HerStory

Success and Achievement from Women of the Mount

"The future belongs to those who believe in the beauty of their dreams."
~ Eleanor Roosevelt

Join us as we celebrate **Women's History Month** and welcome the Mount's very own President, Ann McLaney-Johnson, who will be discussing HerStory of success and achievement.

All are welcome to attend this special event!


Don't miss this wonderful opportunity to learn from a Mount woman leader!

Tuesday, March 25th
1:00PM-2:00PM
Building 10 Parlor

Refreshments and snacks will be provided

Sponsored by Doheny Associated Student Body

St. Patrick Feast Day is Monday, March 17



At the age of 16, Patrick was kidnapped by Irish raiders in Rome and taken captive as a slave to Ireland. Although he escaped, he later returned to Ireland as a priest and spent 30 years speaking of Jesus and his life to the Irish people who believed mostly in many gods and druids. He used a shamrock to explain the Christian doctrine of the Trinity.

Many Irish people immigrated to the US escaping poverty and wars. They brought their devotion to St. Patrick with them.

**** SAVE THE DATE ****

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8TH ANNUAL

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Cookies!

Monday, Mar. 17, 2:00

Church Season of Lent

Want to know a bit about Lent in just 2 minutes?

Watch this video from Busted Halo:

<http://www.youtube.com/watch?v=m3L3c23MfC0&feature=youtu.be>

Mass

Wednesday,

Mar. 19, 2014, 4:45

Feast of St. Joseph

We will honor our Sisters of St. Joseph

St. Joseph Day May Bread Blessing

Wednesday, March 19, 11:10–11:30
at the St. Joseph Statue
in front of Bldg 4.



Lenten Adoration of the Blessed Sacrament

Tuesday, March 18, 5:30–6:30pm

Reconciliation Service

With Confession

Wednesday, March 26,
7:00–8:30pm



Sunday Mass at Chalon 7:00pm
Shuttle leaves at 6:00pm

College Chapels

The college chapels, Our Lady of Mercy (Doheny) and Mary Chapel (Chalon), are quiet spaces open daily from 6am to 10pm. Visit Mary Chapel when you go to Chalon this week. In either chapel, write a prayer in the prayer book, meditate in front of the tabernacle, or sit in a chair or on the floor enjoying the quiet.

Blessings from your Campus Ministry team!

We are here for you:

<http://www.msmc.la.edu/cm>
campusministry@msmc.la.edu

@msmc_cm on Twitter

Campus Ministry at Mount St. Mary's College on Facebook
msmc_cm# on Instagram

DOHENY Phone: (213) 477-2672 Office: House 7

There is nothing in this world so irresistibly contagious as laughter and good humor.

Charles Dickens



Want to go to Commencement, but don't have a Ticket?

APPLY NOW if you are:

Friendly • Self-Motivated • Helpful
• Enthusiastic • Out-Going • Fun



For more information or to sign-up, contact:

Chalon—Macy Newman, H401, Ext: 4410 or mnewman@msmc.la.edu

Doheny—Maria Lyons, Building 7
Ext: 2670 or mlyons@msmc.la.edu or Kim Terrill,
Building 11, Ext: 2662 or kterrill@msmc.la.edu

Job Duties:

- Help guide guests to the Shrine Auditorium
- Pass out programs
- Assist Staff with Commencement
- Must attend mandatory training prior to May 12

Job Extras:

- Attend MSMC Graduation
- Remain in dorms until Tuesday, May 13th
- Lunch
- Free shuttle from each campus to the Shrine
- Free tee-shirt

Student Volunteers Needed for Commencement, Monday, May 12 2014

HOSTED BY THE BUSINESS OFFICE & OFFICE OF STUDENT FINANCING

MONEY MANAGEMENT WORKSHOP

Please R.S.V.P. BusinessOffice@msmc.la.edu

FREE PIZZA!



- ✓ Find out what a credit score is & how to manage it!
- ✓ How to get the most out of your FAFSA and other financial aid.
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Chalon Campus

when: March 18, 2014

where: Hannon Theater

time: 1pm–2pm

Doheny Campus

when: March 20, 2014

where: Donohue Center

time: 1pm–2pm



Doheny Happenings

Upcoming Events for the Traditional AA. Student
Mount St. Mary's College, Doheny Campus

Volume 43, Issue 23

March 24, 2014

THIS WEEK

Monday, March 24

11:30 ASB Elections
10:00 Money Matters



Tuesday, March 25

11:30 ASB Elections
12:00 Her Story



Wednesday, March 26

10:00 Money Matters
11:30 ASB Elections
12:30 Poetry, Prose, Pizza
4:45 Mass
7:00 Reconciliation Service



Sunday, March 30

1:00 Tea for Tots
7:00pm Chalon Mass



MOUNT ST. MARY'S BUSINESS OFFICE
PRESENTS:

MONEY MATTERS KIOSK BOOTH

10:00am-1:00pm



Outside of the Ahmanson Cafe

MARCH 24, 2014

MARCH 26, 2014

LEARN ABOUT YOUR ACCOUNT:

- FINANCIAL DEADLINES
- HEALTH INSURANCE
- HOW TO READ YOUR 1098t
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+raffles, prizes,
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"The future belongs to those who believe in the beauty of their dreams."

~ Eleanor Roosevelt



Join us as we celebrate Women's History Month and welcome the Mount's very own President, Ann McElaney-Johnson, who will be discussing HerStory of success and achievement.

All are welcome to attend this special event!

Don't miss this wonderful opportunity to learn from a Mount woman leader!

Tuesday, March 25th

1:00PM-2:00PM

Building 10 Parlor

Refreshments
and snacks will
be provided

Sponsored by Doheny Associated Student Body

Doheny Associated
Student Body
requests your attendance at

Tea for Tots

an event benefitting Max Love Project,
an organization bringing awareness and
funds to children with cancer

Sunday, March 30, 2014

one o'clock in the afternoon

Doheny Mansion South Lawn

Lunch and Tea will be provided

\$5.00 for students

\$7.00 for faculty, staff, and guests

Tickets are currently available in
the Women's Leadership Office
on the Doheny campus

For more information on
Max Love Project please visit
www.maxloveproject.org



Blood Drive

Sponsored by Doheny ASB



Give Blood and Save a Child's Life Today

**Tuesday, April 1, 2014
Donohue Center
9 am to 2 pm**

Sign-ups will begin Monday, March 17th



**Children's Hospital
LOS ANGELES**
We Treat Kids Better

Doheny Associated Student Body invites you to

**Jump into spring
at the**

**Spring
Bash!**



**Tuesday, April 8th
12:00-2:00pm
Doheny Mansion Lawn**

Lunch from Tommy's Burger
Food Truck will be sold

**\$5.00 for Students
\$7.00 for Faculty and Staff**

Lunch tickets are available in the
Women's Leadership Office



Enjoy some Tommy's
Burgers, play a variety of
carnival games, and have
fun while create lasting
memories with your
friends.

We invite the Mount community and friends to

**Tombs and Toilets
the Closing Reception**

**at the Jose Drudis Biada Gallery(Chalon) on
Saturday, March 29th, from 3 to 5 pm.**

Mary Jo Bole, the artist who created Tombs and Toilets, will attend the exhibition and looks forward to meeting you. Wine and cheese will be served.

The gallery will be open Tuesday through Saturday this week and next from noon to 5:00 pm for the final weeks of the show.



Did you know?

MARCH is National Nutrition Month 2014



Per calorie, Kale has: more Iron than beef, more Calcium than milk and 10x more Vitamin C than spinach.



A reasonable portion size for cooked rice or pasta should be equivalent to the size of half a baseball.



There are about 16 packs of sugar in one 20 ounce soft drink.



MSMC Student Health Services Healthy Campus

FOR MORE INFORMATION CONTACT STUDENT HEALTH SERVICES AT 310-954-4110 CHALON OR 213-477-2685 DOHENY

From Interprogram Transfer Office

We thank the 176 students who turned in their IPT forms by the first deadline.

Jeanette Stone is still taking applications. You can download the application, see the requirements, etc. from the MSMC webpage>academics>undergraduate associate programs >interprogram transfer.



Wed., Mar. 26

12:30-1:30pm

Tues., April 1

6-7pm

Wed., April 9

12:30-1:30pm

at

**The Poetry Place
(House 10)**

Free lunch/dinner

**Poetry,
Prose
and Pizza**

share your
writing - or just
enjoy others'
readings

End of Year Awards

Laurel Day

Thursday, April 24

6:30 in Rose Hills Auditorium

Come and celebrate your and your classmates
(both first and second years)
accomplishments. Invite Family.



Graduating in May? Attending the Commencement Ceremony?

MOUNT ST. MARY'S COLLEGE
COMMENCEMENT CEREMONY

Monday, May 12, 2014

3:00—5:00 p.m.

SHRINE AUDITORIUM

For everything you need to know about the commencement ceremony, go to the MSMC webpage www.msmc.la.edu and click on the Commencement button on the left side of the screen.

Week Ten: Earthquake Procedures and Preparedness

In the event of an earthquake follow these steps.

- Stay calm.
- Before you start moving around, think of what you will do. Many earthquakes are slight in magnitude. The following instructions are for moderate, major or great earthquakes.
- **Inside:** Inside any building get to a hallway corner, under a table, desk or bench. Stay away from windows, overhead lights, glass doors, outside walls, or anything made of brick or stone. If you can't walk because of the shaking, then crawl on your hands and knees. Watch for falling objects, such as ceilings, light fixtures, etc.
- Do not try to leave the building during the earthquake. Stay put until the building stops shaking. When safe, proceed to the evacuation site:
 - **Chalon:** Circle
 - **Doheny:** North Lawn area between the Doheny Mansion and the J. Thomas McCarthy Library (this area is open and away from buildings).
- **If in class** or office, take your belongings (backpack, books, purses, etc) with you. (Do not use elevators.)
- **Outside:** If you are outside, remain there. When safe, proceed to the evacuation site. Watch for falling debris, trees, etc.
- **In the elevator,** do not panic. The elevators are equipped with automatic braking systems in case of a power failure. Stay calm - help will arrive.
- Stay in the evacuation site until you receive directions to go back inside. Once you are back in a building, remember that there are usually several aftershocks and, although the intensity of these is less than the original quake, damage may still occur. Watch for falling objects and broken glass.

Earthquakes usually have no warning, and it's important to be prepared. In the event of a big earthquake, staying on campus may be the safer option, and having items such as an emergency kit can make all the difference. Emergency kits can be purchased in many stores and will include items such as water, flashlight, blanket, food, first aid kit, etc. But tailoring a kit to your specific needs is key. So if you have an emergency kit make sure you include items that will make you comfortable during an emergency. For a complete list of recommended items for your emergency kit, please visit the Dept. of Campus Security Portal page and click on the ready.gov link.



**Safety Tips are brought to you by Dept. of Campus Security
Stay Informed, Stay Alive**

Latinas Unidas First Annual Raza Achievement Celebration

An intimate Cultural Celebration Recognizing
Undergraduate Senior Students who identify with the
Latina/o Culture

Keynote Speaker: Alejandra Ceja
Executive Director of the White House initiative on
Educational Excellence for Hispanics

Save the Date

May 3, 2014 at 5:30pm-9:00pm

Campus Center

Mount St. Mary's College, Chalon Campus

For More Information Contact:
latinasunidasmsmc@gmail.com

*I will embrace the concept of a
civil community which does not
tolerate violence, theft, bigotry,
or harassment of others in any
form.*

The Athenian Promise

WHERE IS THE LOST AND FOUND?



BLDG 10

TALK TO TOA

213-477-2560



This Week with Campus Ministry



Cookies!
Monday, Mar. 24, 2:00

Mass
Wednesday,
Mar. 26, 2014, 4:45

Reconciliation Service With Confession

Wednesday, March 26,
7:00-8:30pm



Sunday Mass at Chalon 7:00pm
Shuttle leaves at 6:00pm

Blessings from your Campus Ministry team!

We are here for you:

<http://www.msmc.la.edu/cm>

campusministry@msmc.la.edu

[@msmc_cm](#) on Twitter

[Campus Ministry at Mount St. Mary's College](#) on Facebook

[msmc_cm#](#) on Instagram

DOHENY Phone: (213) 477-2672 Office: House 7



Want to go to Commencement, but don't have a Ticket?

APPLY NOW if you are:

Friendly • Self-Motivated • Helpful
• Enthusiastic • Out-Going • Fun



For more information or to sign-up, contact:

Chalon—Macy Newman, H401, Ext: 4410 or
mnewman@msmc.la.edu

Doheny—Maria Lyons, Building 7
Ext: 2670 or mlyons@msmc.la.edu or Kim Terrill,
Building 11, Ext: 2662 or kterrill@msmc.la.edu

Job Duties:

- Help guide guests to the Shrine Auditorium
- Pass out programs
- Assist Staff with Commencement
- Must attend mandatory training prior to May 12

Job Extras:

- Attend MSMC Graduation
- Remain in dorms until Tuesday, May 13th
- Lunch
- Free shuttle from each campus to the Shrine
- Free tee-shirt

Student Volunteers Needed for Commencement, Monday, May 12 2014



The Language and Culture Department presents:

The Spanish Experience: Medieval to Contemporary Spain



A Spanish Fiesta...

Experience the best that Spain has to offer.
Journey on a 10-day trip to Barcelona,
Madrid, Toledo and Montserrat.

LAST CALL
THERE ARE STILL
SPACES AVAILABLE!!!

July 6—16, 2014. Talk to Verniece
Vgrajeda@msmc.la.edu

ISAE/Student Support Services (TRIO)

ISAE Event!

Join us on Sunday, March 30th to watch *In the Heights*, a musical about chasing your dreams and finding your true home. Sign-up in the ISAE office and please don't forget your \$20 refundable deposit (check or cash). Limited space available.

ISAE Student Participation Agreement Reminders:

Meet with your ISAE Counselor & Peer Advisor
(Freshmen 3x/sem; Soph 2x/sem)
Update your Educational Plan every semester
Attend a minimum of 2 college ISAE Events per semester

Upcoming Deadline for ISAE Students to meet with their ISAE Counselor & Peer Advisor- March 28th.

Doheny ISAE Staff Team

Veronica Martinez (mvmartinez@msmc.la.edu)

Virginia Cons (vcons@msmc.la.edu)

Doheny ISAE office in Bldg. 7, 1st Floor Back Offices
- (213) 477-2663

19 Job Openings....

Apply to be an

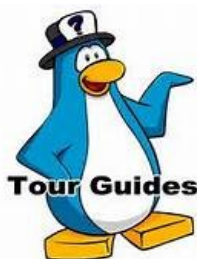
ADMISSION ASSOCIATE for 14-15

Work Study not needed

Pick up an application in
Admission's Office
(bldg. 745) now

Due Thursday, April 3

Questions: Email Tony Law
tlaw@msmc.la.edu



Tour Guides

Doheny Happenings

Upcoming Events for the Traditional AA. Student
Mount St. Mary's College, Doheny Campus

Volume 43, Issue 24

March 31, 2014

THIS WEEK



Tuesday, April 1
Summer School Registration
9-2 Blood Drive
6:00 Poetry, Prose & Pizza



Wednesday, April 2
4:45 Mass

Thursday, April 3
2-3 Folklórico



Sunday, April 6
7:00pm Mass at Chalon



**End of Year Awards
Laurel Event**
Thursday, April 24
6:30 in Rose Hills Auditorium
(5:30 refreshments)
Come and celebrate
your and your classmates'
(both first and second years)
accomplishments. Invite Family.

FAQ

Who's getting awards?

Awards are given from the different departments, English, history, business, etc. There will also be awards for students who show leadership in the various clubs on campus. Students who are graduating with honors will receive honor cords.

Is it only for those graduating or transferring to Chalon?

No, it's for all the students in the traditional AA program—both first and second years.

Will I know if I'm getting an award?

Yes, you will get an email from Sr. Carol saying you're receiving an award and be sure and come.

Can I come even if I'm not getting award?

Yes, you can come, cheer and clap for your friends. If you want to help at this event, please see Sr. Carol.

What should I wear?

You should wear business or dressy attire.

Does my family need a ticket?

No, please invite your family—usually 3 to 5 people per student may come.

More questions? Ask Sr. Carol cbrong@msmc.la.edu

FREE

Folklórico Dance Classes

@ The Doheny FITNESS CENTER!

Thursday, April 3rd, 2-3 PM

& Wednesday, April 9th, 3-4 PM



Blood Drive

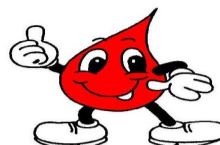
Sponsored by Doheny ASB



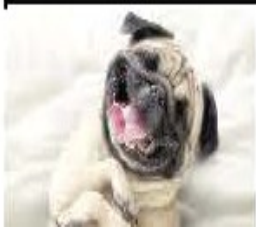
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Tuesday, April 1, 2014
Donohue Center
9 am to 2 pm

Sign-ups will begin Monday, March 17th



**Children's
Hospital
LOS ANGELES**
We Treat Kids Better



Counseling & Psychological Services

C: (310)954-4114

D: (213)477-2668

M-Th: 8:30-5p

F: 8:30-4:30p



Tio of the Week

5 Reasons to Smile

1. Smiling can make you happy (even when you're not).

The simple act of smiling sends a message to your brain that you're happy. And when you're happy, your body pumps out all kinds of feel-good endorphins.

2. Smiling can make others happy.

Smiling is contagious. Something as simple as seeing a friend smile can activate the muscles in your face to make that same expression, without you even being aware that you are doing it.

3. Smiling can help you de-stress.

The next time you're stressed about school or work, don't freak out. Take a few deep breaths and smile! Smiling may help to reduce symptoms associated with anxiety. When that smile signals to your brain that you're feeling happy (even though you're not really feeling happy...yet), your body will usually slow its breathing and heart rate.

4. Smiling can help you land a job.

If you're about to go on an interview, you may think that your appearance is about wearing nice clothes. But, you can't just wear that outfit; you have to wear it with a smile!

5. Smiling can lead to laughter.

Have you ever laughed without smiling? It's pretty impossible to do. A smile with friends can turn into a whole fit of hysterical laughter. Laughing, acts like a mini workout that burns calories and works the abs. Laughter also helps blood flow, lowers blood sugar levels, reduces stress and improves sleep. It may raise your level of infection-fighting antibodies.

Doheny Associated Student Body invites you to

Jump into spring
at the

Spring Bash!



Tuesday, April 8th
12:00-2:00pm
Doheny Mansion Lawn

Enjoy some Tommy's
Burgers, play a variety of
carnival games, and have
fun while create lasting
memories with your
friends.

Lunch from Tommy's Burger
Food Truck will be sold

\$5.00 for Students
\$7.00 for Faculty and Staff

Lunch tickets are available in the
Women's Leadership Office



ATTENTION ATTENTION

Because many want to take these summer classes, it is highly advised that you register early. If you have trouble logging into WebAdvisor, keep trying – it is probably just busy.



SUMMER SCHOOL @ THE MOUNT \$75 PER UNIT!

May 19 — June 26, Doheny Campus

Monday through Thursday

REVISED SCHEDULE

Traditional Students Only

In Person 8:00 am — 10:00 am	ART 3 Visual Thinking (GS IIIA)
	ENG 1B Freshman English (GS IA)
	HIS 1A Western Civilization (GS IIIC)
In Person 10:15 am — 12:15 pm	RST 61 Intro to World Religions (GSVA.4 & GS VI)
	PHI 16 Philosophy Through Culture (GS VB.1)
	POL 1 American Gov't & Institutions (GS IIIG)
Online 8 Weeks 5/19 — 7/11	ENG 1A Freshman English (GS IA) Using the Portmont @ MSMC platform

Register on WebAdvisor from 6:00 am April 1 to May 4.

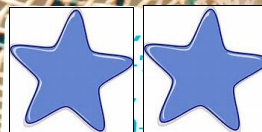
Important Information:

- Add/Drop deadline: May 23, 2014
- Withdraw deadline: June 13, 2014
- No refunds once classes begin
- Payment due date May 9th to avoid being dropped

From Interprogram Transfer Office

We thank the 176 students who turned in their IPT forms by the first deadline.

Jeanette Stone is still taking applications. You can download the application, see the requirements, etc. from the MSMC webpage>academics>undergraduate associate programs >interprogram transfer.



Tues., April 1
6-7pm

Wed., April 9
12:30-1:30pm

at
The Poetry Place
(House 10)

Free lunch/dinner

Poetry, Prose and Pizza

share your
writing - or just
enjoy others'
readings

End of Year Awards

Laurel Day

Thursday, April 24

6:30 in Rose Hills Auditorium

Come and celebrate your and your classmates
(both first and second years)
accomplishments. Invite Family.



Graduating in May? Attending the Commencement Ceremony?

MOUNT ST. MARY'S COLLEGE
COMMENCEMENT CEREMONY

Monday, May 12, 2014

3:00—5:00 p.m.

SHRINE AUDITORIUM

For everything you need to know about the commencement ceremony, go the MSMC webpage www.msmc.la.edu and click on the Commencement button on the left side of the screen.

Emergency Preparedness

How prepared are you in the event of a major emergency on campus?

Emergencies are unexpected and are without warning. They are also not all the same. Being prepared for all emergencies is important to your safety. How prepared you are can make all the difference when it's 2am and the ground starts to shake or a smoke alarm goes off. In those events you have seconds to know what you will do to keep yourself safe. Having a plan and items such as an emergency kit, are steps to ensure your safety. Learn each campus's evacuation location and procedures. Every classroom has Emergency Procedures posted. Read them, know them and be ready. You can also visit the Campus Security page on the Portal for emergency procedures.



Safety Tips are brought to you by Dept. of Campus Security
Stay Informed, Stay Alive

Latinas Unidas First Annual Raza Achievement Celebration

An intimate Cultural Celebration Recognizing
Undergraduate Senior Students who identify with the
Latina/o Culture

Keynote Speaker: Alejandra Ceja
Executive Director of the White House initiative on
Educational Excellence for Hispanics

Save the Date
May 3, 2014 at 5:30pm-9:00pm

Campus Center
Mount St. Mary's College, Chalon Campus
For More Information Contact:
latinasunidasmsmc@gmail.com

We invite the Mount Community and friends to an open art presentation by
Lena Wolek at the José Drudis-Biada Art Gallery on
Thursday, April 10th at 1:00pm.
Refreshments and fruit will be served.

Lena Wolek is the Artist in Residence this semester at Mount Saint Mary's College. Selected objects and works on paper are on view in the José Drudis Biada Gallery from April 8 to 19th. Siberian-born and Los Angeles-based, Wolek has just exhibited her work in London. It addresses her concerns about consumption, self-involvement and global markets. Ranging from whimsical to bitterly sardonic, her objects are all repurposed commodities. The works on paper are pen and ink.

The gallery will be open Tuesday April 8th through Saturday April 19th from noon to 5:00 pm displaying Ms. Wolek's work.

12001 Chalon Rd.,
Los Angeles, CA 90049-1599
310.954.4361



Photo by Lena Wolek: To Klingon or Not to Klingon: LALO Project, Campbell Works Gallery, London, UK

Fall 2014

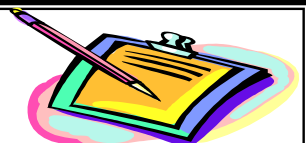
Study Away
Application due:
Tuesday
April 1, 2014

Coming up

Good Friday, April 18
College Closed

Easter Monday, April 21
College Opened. No classes for AA traditional

Monday, May 5
Final Exam Week



This Week with Campus Ministry



Cookies!

Monday, Mar. 31, 2:00

Mass

Wednesday,
Apr. 2, 2014, 4:45



Sunday Mass at Chalon 7:00pm
Shuttle leaves at 6:00pm

Rice Bowl collection

Get the rice bowl box in the chapel. Give up something, give alms (donations), so that Catholic Relief Services can assist refugees from war zones, natural disasters and poverty without regard for nationality or religion.

We are here for you:

[Campus Ministry at Mount St. Mary's College](#) on Facebook
DOHENY Phone: (213) 477-2672 Office: House 7

Thank you from the Business Office

We would like to thank everyone who supported our **Money Matters Campaign** throughout the month of March. Our Financial Literacy Workshops, in conjunction with the Office of Student Financing, and Kiosks were a great success. We hope you enjoyed them, and learned something new about the Business Office and the services we provide!



19 Job Openings....

Apply to be an

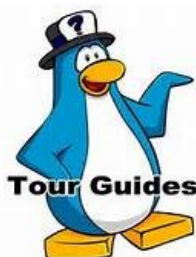
ADMISSION ASSOCIATE for 14-15

Work Study not needed

Pick up an application in
Admission's Office
(bldg. 745) now

Due Thursday, April 3

Questions: Email Tony Law
tlaw@msmc.la.edu



Want to go to Commencement, but don't have a Ticket?

APPLY NOW if you are:

Friendly • Self-Motivated • Helpful
• Enthusiastic • Out-Going • Fun



For more information or to sign-up, contact:

Chalon—Macy Newman, H401, Ext: 4410 or
mnewman@msmc.la.edu

Doheny—Maria Lyons, Building 7
Ext: 2670 or mlyons@msmc.la.edu or Kim Terrill,
Building 11, Ext: 2662 or kterrill@msmc.la.edu

Job Duties:

- Help guide guests to the Shrine Auditorium
- Pass out programs
- Assist Staff with Commencement
- Must attend mandatory training prior to May 12

Job Extras:

- Attend MSMC Graduation
- Remain in dorms until Tuesday, May 13th
- Lunch
- Free shuttle from each campus to the Shrine
- Free tee-shirt

Student Volunteers Needed for Commencement, Monday, May 12 2014

From the **Office of Academic Advisement**

Drop in hours: M—F 10—11 and 2—3

Brought to you by:
Academic Advisement
advisement@msmc.la.edu



WHO: YOU! And your friends!

WHAT: An info table with summer school resources

WHEN: Tuesday, April 8th from 11-1pm

WHERE: In front of the Cafeteria

WHY: Come talk to an advisor and have all your summer school questions answered!

Doheny Happenings

Upcoming Events for the Traditional AA. Student
Mount St. Mary's College, Doheny Campus

Volume 43, Issue 25

April 7, 2014

THIS WEEK



Monday, April 7

Tuesday, April 8

11:00 Summer School Info

12:00 Spring Bash



Wednesday, April 9

12:30 Girl Rising

12:30 Poetry, Prose & Pizza

3:00 Folklórico

4:45 Mass



Sunday, April 13, Palm Sunday

7:00pm Mass at Chalon

Doheny Associated Student Body invites you to

Jump into spring
at the

Spring Bash!

Enjoy some Tommy's
Burgers, play a variety of
carnival games, and have
fun while create lasting
memories with your
friends.



Tuesday, April 8th
12:00-2:00pm
Doheny Mansion Lawn

Lunch from Tommy's Burger
Food Truck will be sold

\$5.00 for Students
\$7.00 for Faculty and Staff

Lunch tickets are available in the
Women's Leadership Office



FREE

Folklórico
Dance Classes

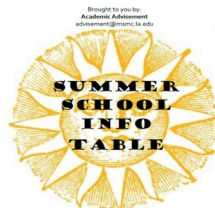
@ The Doheny
FITNESS CENTER!



Wednesday, April 9th, 3—4

Going to Summer School?

Get all the info you need to have the
class transferred in to the college.
Find out what is acceptable and what
isn't.



Tuesday, April 8th, 11—1
In front of the Cafeteria

Did you know?

APRIL 2014

FREE

**AUDIO and VISION
SCREENINGS**



**are available for MSMC
Full-Time Undergraduates**

Call Chalon Student Health Services
to schedule an appointment at
310-954-4110



MSMC Student Health Services Healthy Campus

Support

Autism Awareness

Join SOC 6 class in their bake sales and
raffle:

First Prize: Two Disneyland Tickets

Second Prize and third Prize:

Two Movie Tickets

Tickets \$2.00 each,

Get tickets at bake sales

Or email mhigareda@msmc.la.edu



Join Autism Speaks Walk:
April 26 "Team Athenians"



Greetings from the Business Office!

We hope everyone is having a wonderful spring semester so far! We in the Business Office would like to remind students about our online services that are available on CASH-Net. Students who are anticipating a refund on account are encouraged to log in to CASHNet and sign up today to avoid delays in receiving your refund! We would also like to remind you to opt in to receive your 1098T electronically. Information regarding enrollment in these services is listed below.

eRefund

Mount students who will anticipate a refund in the Spring 2014 semester are able to have refunds deposited directly into your checking or savings account (terms and conditions will apply). Enrollment is free and can be set up through your CASHNet account.

Student Tax Forms - 1098T's

Students who would like to receive an electronic copy of their 1098T can opt in on CASHNet. If you have not done so already please be sure to log in to your CASHNet Student Account online and enroll. The 1098T is a tax form that you may need for your annual tax filing purposes and is available for pick up on your CASHNet account. Students are encouraged to retrieve and review the 1098T form online and contact us for more information.

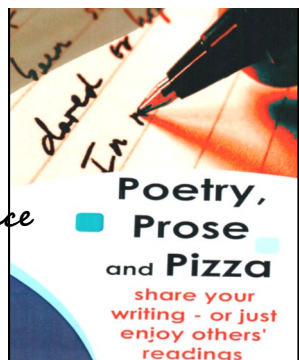
If you have questions about these or any other services, feel free to call, email, or visit the Business Office at either campus. We're always here to help!

Wednesday,
April 9

12:30—1:30

At
The Poetry Place
(House 10)

Free Lunch



CPS Tip of the Week Ways to Study for a Test



Method 1: Having a Successful Studying Routine	Method 2: Studying Effectively	Method 3: Reducing Test Anxiety
<ol style="list-style-type: none"> 1. Make a study schedule. 2. Start as soon as possible. 3. Get some sleep. 4. Make time for breakfast. 5. Avoid the last minute cram session 6. Review right after waking and just before bed. 	<ol style="list-style-type: none"> 1. Assemble a study group. 2. Choose a few different places to study. 3. Take breaks during your study time (5-10 min). 4. Go for power foods (all things high in Omega-3s such as fish, nuts, and olive oil). 5. Make it fun (use colors, notecards, Quiz yourself or others, create stories to remember). 6. Separate the content into parts (Use highlighters to separate larger concepts from the finer details) 	<ol style="list-style-type: none"> 1. Take a pre-test. 2. Review that morning (if it calms your nerves). 3. Get in the zone before class (meditate, breathe, and listen to classical music). 4. Show up early. 5. Do the easy questions first (move on to what you do know. Then you can hit the hard stuff head on).

Counseling and Psychological Services

Chalon- (310) 954-4114

Doheny- (213) 477-2668

A Special Free "Living History" Performance sponsored by the History and Political Science Depa and Pi Gamma Mu Social Science Honorary Society



Thomas Jefferson: Man from Monticello

A One Man Performance By well-known actor Dale Reynolds
Tuesday, April 15, 1—2 at Hannon Auditorium, Chalon

Biology Department—Senior Seminar

11:20—1:00, Hannon Theater, Chalon

There are many presentations but these are students who started at Doheny:

Thursday, April 10

The Use of Vitamin D in the Treatment of Prostate Cancer

Mikha Tan

The Health Risks of Long-term Hormonal Contraception Use in Women

Luisiana Rosales

Thursday, April 17

Mesenchymal Stem Cell Research: Neurodegenerative Diseases Striving for a Cure

Bridgett Cabrera



We invite the Mount Community and friends to an open art presentation by Lena Wolek at the José Drudis-Biada Art Gallery on Thursday, April 10th at 1:00pm. Refreshments and fruit will be served.

Lena Wolek is the Artist in Residence this semester at Mount Saint Mary's College. Selected objects and works on paper are on view in the José Drudis Biada Gallery from April 8 to 19th. Siberian-born and Los Angeles-based, Wolek has just exhibited her work in London. It addresses her concerns about consumption, self-involvement and global markets. Ranging from whimsical to bitterly sardonic, her objects are all repurposed commodities. The works on paper are pen and ink.

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Los Angeles, CA 90049-1599
310.954.4361



Photo by Lena Wolek: To Klingon or Not to Klingon: LALO Project, Campbell Works Gallery, London, UK



**End of Year Awards
Laurel Event**
Thursday, April 24
6:30 in Rose Hills Auditorium
(5:30 refreshments)
Come and celebrate
your and your classmates'
(both first and second years)
accomplishments. Invite Family.

FAQ

Who's getting awards?

Awards are given from the different departments, English, history, business, etc. There will also be awards for students who show leadership in the various clubs on campus. Students who are graduating with honors will receive honor cords.

Is it only for those graduating or transferring to Chalon?

No, it's for all the students in the traditional AA program—both first and second years.

Will I know if I'm getting an award?

Yes, you will get an email from Sr. Carol saying you're receiving an award and be sure and come.

Can I come even if I'm not getting award?

Yes, you can come, cheer and clap for your friends. If you want to help at this event, please see Sr. Carol.

What should I wear?

You should wear business or dressy attire.

Does my family need a ticket?

No, please invite your family—usually 3 to 5 people per student may come.

More questions? Ask Sr. Carol cbrong@msmc.la.edu



Latinas Unidas
First Annual Raza Achievement Celebration

An intimate Cultural Celebration Recognizing
Undergraduate Senior Students who identify with the
Latina/o Culture

Keynote Speaker: Alejandra Ceja
Executive Director of the White House initiative on
Educational Excellence for Hispanics

Save the Date
May 3, 2014 at 5:30pm-9:00pm

Campus Center
Mount St. Mary's College, Chalon Campus

For More Information Contact:
latinasunidasmsmc@gmail.com

Emergency Preparedness— Tip 2

What's in your emergency kit?

Being prepared for an emergency can not be stressed enough. Having a plan and emergency supplies are extremely important to your safety. The supplies you have should be able to get you through at least 3-5 days. Remember in the event of a major emergency like an earthquake you may need to stay in the same location for a few days until emergency services arrive.

Ready.gov recommends the following items to have in your emergency kit:

- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger

For more information on safety at the Mount, please visit the Campus Security portal page, <https://welcome.mount.msmc.la.edu/campus-resources/campussecurity/Pages/default.aspx>.

Here you will find helpful resources dedicated to providing emergency management information.



Safety Tips are brought to you by Dept. of Campus Security
Stay Informed, Stay Alive

Coming up

Holy Week begins with Palm Sunday, Apr. 13
Holy Thursday, Apr. 17

Good Friday, April 18
College Closed

Easter Monday, April 21
College Opened. No classes
for AA traditional

Monday, May 5
Final Exam Week



Girl Rising, A Film Screening



Please join us for a screening of Girl Rising. It is both a Global Campaign for Girl's Education and a reminder of how fortunate we are as students and educators to have the privilege of education!

Wednesday, April 9, 12:30—2:30
Rose Hills Auditorium, Doheny Campus

Wednesday, April 23, 6:00—8:00pm
Hannon Theater, Chalon Campus

It's Time to Pay it Forward.

Giving the Gift of College Awareness to At-Risk Middle School Students



Volunteer Commitment: One Week

Downtown LA—June 9th—14th and South Bay—June 16th—20th

Apply now! Deadline: April 30.

- Participate in Los Angeles Team Mentoring's (LATM) Summer Leadership Camp for at-risk middle school students (ages 11-14)
- as a Volunteer Facilitator,
- Spend one week facilitating a college awareness curriculum
- Work with an innovative curriculum
- Volunteer at 213-742-6733 or www.latm.org

Film Fest Presents:

La Source

Wednesday, April 16, 6:30pm
Hannon Theater, Chalon Campus



A documentary of Josue Lajeunesse a Haitian custodian working at Princeton who returns to Haiti after the earthquake.

Work to pay
off loans?

Grad School?

Job? What
kind of job?

Volunteer for a year?

Need to get "right" with
God?



Trying to figure out the "Whats?" of my life? What to do after MSMC? What to do with my life? Where is God in all of these "Whats?"? Is God calling me to do something with my life that I may be unaware of?

If you have heard yourself say any of these questions... then maybe you might be ready to enter into a discernment process.

Interested in learning more about discernment in the Tradition of the Sisters of St. Joseph of Carondelet?

You are invited to attend our April Discernment Day on April 26th from 10am-3pm. Lunch is included.

Come and see what discernment is about.

Contact Sr. Darlene at dkawulok@msmc.la.edu for more information.

This Week with Campus Ministry



Cookies!

Monday, Apr. 7, 2:00

Mass

Wednesday,
Apr. 9, 2014, 4:45



Confirmation

Saturday, Apr. 12, 1:00,
Chalon's Mary Chapel



Palm Sunday Mass at Chalon
7:00pm

Shuttle leaves at 6:00pm

Rice Bowl collection

Get the rice bowl box in the chapel. Give up something, give alms (donations), so that Catholic Relief Services can assist refugees from war zones, natural disasters and poverty without regard for nationality or religion.

We are here for you:

[Campus Ministry at Mount St. Mary's College](#) on Facebook
DOHENY Phone: (213) 477-2672 Office: House 7

Thinking of a Career in Social Services?

Tuesday, April 15, 1:00
Bldg 4, room 209

Hear how your major can lead to a career in social services. Speakers, answers to your questions, majors and minors, more.

Doheny Happenings

Upcoming Events for the Traditional AA. Student
Mount St. Mary's College, Doheny Campus

Volume 43, Issue 26

April 14, 2014

THIS WEEK

Monday, April 14

1:00 Student Employees Treat

Tuesday, April 15

1:00 Social Service Careers

Wednesday, April 16

4:45 Prayer Service

Friday, April 17

College Closed

Monday, April 18

No AA Traditional Classes
College Offices Open

Tuesday, April 19

Classes resume



Bake Sale For **Bag of Success**

Wednesday, April 16, 2014

Ahmanson Commons

from 12pm– 2pm



PLEASE HELP US FUNDRAISE

Brought to you by the Student Ambassador Program

THINKING OF A CAREER IN SOCIAL SERVICES?



What's your major?

Psychology, Social Work, Sociology, Child Development, Gerontology, or Criminology?

Thinking of a minor or double major?

Can't decide? It's okay!

JOIN US AND HAVE YOUR QUESTIONS ANSWERED!

When: April 15

Time: 1:00 – 2:00pm

Where: Room 209

Brought to you by the Student Success Center



**Thank you
to all our
student
workers**

**You will be
honored
and**

**GET SHAVED
on Thursday, April 17,
from 1—2:30
on the Mansion Lawn**

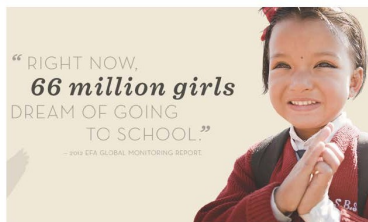


Final Examination Schedule Spring Semester May 5th – May 8th, 2014

- All examinations are given in the regularly scheduled classrooms.
- Classes meeting on Friday ONLY will test at their regular meeting time on the Friday prior to exam week (May 2nd).
- The Friday of exam week is an in-house faculty work day. For courses scheduled to meet one session per week beginning at 5:00 pm forward, examinations will be held from 6:00-8:00 pm during Final Exam week on the day regularly scheduled.
- For courses which are scheduled outside the standard MWF or T/TH time periods, consult with the Registrar regarding the specific time for the final examination
- Changes in the exam schedule require the approval of the Provost or Registrar
- GRADE DUE DATE:** Grades are due at the Registrar's Office on or before Wednesday, May 14th, 2014 at 2 pm.

Exam Periods	Monday May 5	Tuesday May 6	Wednesday May 7	Thursday May 8	Friday May 9
8:00-10:00 AM	M-W-F 9:10a-10:10a	T - TH	M-W-F 8:00a-9:00a	T - TH 8:00a-9:30a	In-House
10:30 - 12:30 PM	M-W-F 11:30a-12:30p	T - TH 9:40a-11:10a	M-W-F 10:20a-11:20a	T-TH 11:20a-12:50p	Faculty
1:00 - 3:00 PM	M-W-F 1:50p-2:50p	T - TH	M-W-F 12:40p-1:40p	T - TH	Work
3:30 - 5:30 PM	M-W 3:00p-4:30p	T - TH 4:00p-5:30p	M-W-F 4:40p-6:10p	T - TH: 2:20p-3:50p	Day
6:00 - 9:00 PM	M	T	W	TH	

S:/Universal/Registrar's Office/Academic Calendars/Spring 2014 Final Exam



Girl Rising A Film Screening

Wednesday, April 23 , 6:00—8:00
Hannon Theater, Chalon Campus



Want to go to Commencement, but don't have a Ticket?

APPLY NOW if you are:

- Friendly • Self-Motivated • Helpful
• Enthusiastic • Out-Going • Fun



For more information or to
sign-up, contact:

Chalon—Macy Newman, H401, Ext: 4410 or
mnewman@msmc.la.edu

Doheny—Maria Lyons, Building 7
Ext: 2670 or mlyons@msmc.la.edu or Kim Terrill,
Building 11, Ext: 2662 or kterrill@msmc.la.edu

Job Duties:

- Help guide guests to the Shrine Auditorium
- Pass out programs
- Assist Staff with Commencement
- Must attend mandatory training prior to May 12

Job Extras:

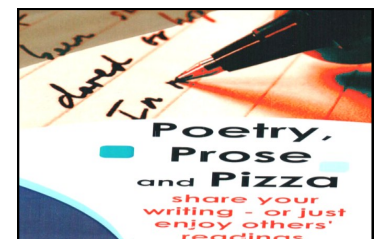
- Attend MSMC Graduation
- Remain in dorms until Tuesday, May 13th
- Lunch
- Free shuttle from each campus to the Shrine
- Free tee-shirt

Student Volunteers Needed for Commencement, Monday, May 12 2014

Wednesday, April 30

12:30—1:30

At
The Poetry Place
(House 10)



Support

Autism Awareness

Join SOC 6 class in their bake sales and raffle:

First Prize: Two Disneyland Tickets

Second Prize and third Prize:

Two Movie Tickets

Tickets \$2.00 each,

Get tickets at bake sales

Or email mhigareda@msmc.la.edu



Biology Department—Senior Seminar

11:20—1:00, Hannon Theater, Chalon

There are many presentations but these are students who started at Doheny:

Thursday, April 17

Mesenchymal Stem Cell Research: Neuro-degenerative Diseases Striving for a Cure

Bridgett Cabrera



Holy Thursday, Apr. 17

Good Friday, April 18
College Closed

Easter Sunday, April 20

Easter Monday, April 21
College Offices Open
No classes for AA traditional

Coming Up: Final Exam Week Begins Monday, May 5

Holy Week





Graduating in May?

Attending the Commencement Mass?
Monday, May 12, 9:30, St. Vincent's Church
Be in Rose Hills Auditorium by 8:30 for line up
in gown (no hats) for procession to the church

Attending the **Commencement Ceremony?**

**MOUNT ST. MARY'S COLLEGE
COMMENCEMENT CEREMONY**

**Monday, May 12, 2014
3:00—5:00 p.m.**

SHRINE AUDITORIUM

Pick up graduation tickets now!
Sr. Carol's office, Bldg 2, upstairs

For everything you need to know about the commencement ceremony, go the MSMC webpage www.msmc.la.edu and click on the Commencement button on the left side of the screen.



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Laurel Event**
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(5:30 refreshments)
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your and your classmates'
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accomplishments. Invite Family.

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Who's getting awards?

Awards are given from the different departments, English, history, business, etc. There will also be awards for students who show leadership in the various clubs on campus. Students who are graduating with honors will receive honor cords.

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Yes, you can come, cheer and clap for your friends. If you want to help at this event, please see Sr. Carol.

What should I wear?

You should wear business or dressy attire.

Does my family need a ticket?

No, please invite your family—usually 3 to 5 people per student may come.

More questions? Ask Sr. Carol cbrong@msmc.la.edu

CPS: Tip of the Week

Commuting to MSMC can be a difficult task! Consider a few tips you can be aware of to make your experience at MSMC the best it can be.

Manage your time carefully. Figure out a method of time management that works for you. One of the easiest ways is creating an easy-to-read weekly schedule (includes your semester course load, commuting time, meal times, study time, chores, and extracurricular activities).

Pack your snacks and meals for the day. Consider making your meals ahead of time to make sure you'll have enough energy to last you the entire day and commute back home safely.

If you live at home, clarify your new responsibilities as a COLLEGE student. Living at home with your parents may seem reminiscent of high school, but it's not the same once you're a college commuter student. Not only will you be worn out after two driving trips and a full day of classes, but you'll also have more intensive studying to do. You may want to clarify expectations at home and let your parents know ahead of time your plans (e.g., more study time, expectations to complete house chores, opportunities to engage in campus/social events).

Maximize your college social life. Commuter students often schedule classes back-to-back in order to limit their weekly commutes. But know that getting involved in social activities can help improve your success during college and beyond. Social networking and leadership opportunities will enhance your college experience and make you a stronger professional candidate after you graduate!

It's all about balance. Managing schoolwork, family responsibilities, and finding time for a social life is something each student will find through trial and error, which is normal. You may not get it right the first few times but keep trying. Know your success really depends on how much effort you place on meeting your needs.



News from the Bookstore:

Class Rings

Jostens will be selling class rings and other Graduation items on

Tuesday, April 15, 10—2:00
Ahmanson Commons Patio

Caps and Gowns are ready for pick up
In the bookstore.



NUTRITIONAL WELLNESS

45 MINUTE CONSULTATION WITH OUR NURSE PRACTITIONER

Now Available DAILY!



If you would like to learn how to achieve or maintain healthy weight, learn about healthy eating habits like mindful eating or simply improve your health...

Call Student Health Services to schedule a FREE appointment.

CHALON 310-954-4110  **DOHENY 213-477-2685**

Work to pay off loans?

Grad School?

Volunteer for a year?

Job? What kind of job?

Need to get "right" with God?



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Giving the Gift of College Awareness to At-Risk Middle School Students



Volunteer Commitment: One Week

LATM
Los Angeles Team Mentoring

Downtown LA—June 9th—14th and South Bay—June 16th—20th

Apply now! Deadline: April 30.

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La Source

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A documentary of Josue Lajeunesse a Haitian custodian working at Princeton who returns to Haiti after the earthquake.



Emergency Preparedness— Tip 3

Did you know?

According to U.S. Geological Survey (USGS):

- The earliest recorded evidence of an earthquake has been traced back to 1831 BC in the Shandong province of China, but there is a fairly complete record starting in 780 BC during the Zhou Dynasty in China.
- The hypocenter of an earthquake is the location beneath the earth's surface where the rupture of the fault begins. The epicenter of an earthquake is the location directly above the hypocenter on the surface of the earth.
- The percentage of a stronger quake after a large quake is 5 to 10 percent over seven days following a quake.
- Aftershocks with magnitudes ranging from 3 to 5 are expected to be relatively common over the days or even months following an earthquake.
- The San Andreas fault is NOT a single, continuous fault, but rather is actually a fault zone made up of many segments. Movement may occur along any of the many fault segments along the zone at any time. The San Andreas fault system is more than 1300 km (800 miles) long, and in some spots is as much as 16 km (10 miles) deep.

It's no secret that earthquakes are unpredictable and that is why it's so important to have emergency supplies. Visit the Campus Security portal page, <https://welcome.mount.msmc.la.edu/campus-resources/campussecurity/Pages/default.aspx> for a 10% online discount code for SOS Emergency Supplies. You will also find helpful resources dedicated to providing emergency management information.



Safety Tips are brought to you by Dept. of Campus Security
Stay Informed, Stay Alive

Doheny Happenings

Upcoming Events for the Traditional AA. Student
Mount St. Mary's College, Doheny Campus

Volume 43, Issue 27

April 22, 2014

THIS WEEK

Tuesday, April 22

11:30 Autism Raffle & Bake Sale

1:00 Dress for Success

Wednesday, April 23

7:00pm Quake It Up

Thursday, April 24

1:00 Sophomore Send Off

6:30 Laurel Awards Event
Rose Hills Auditorium

Sunday, April 27

Admitted Students Day

4:30 Global Athenian Cafe

Sophomore Send-Off

Congrats Sophomores!



*The time is finally here to take
the next step, but before you do
join us for a celebration in honor
of your accomplishments.*



**Free lunch and refreshments will
be provided!**

Giveaways will be distributed

When: April 24th, 2014 from 1-2pm

Where: Mansion Lawn

Who: All sophomores

Don't miss out!

Sponsored by your ASB Sophomore Senators



**Who
Is
Getting
Hired?**



You Are Invited To:

DRESS FOR SUCCESS

Join us to discuss how to shop on a college budget
and land that job or internship!

WHEN: Tuesday, April 22nd, 1-2pm

WHERE: Building 4, Room 114

Sponsored by: the Student Success Center

\$25 Gift Card raffle!

End of Year Awards **Laurel Event**

Thursday, April 24

6:30 in Rose Hills Auditorium

(5:30 refreshments)

Come and celebrate!

Invite Family.



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- Changes in the exam schedule require the approval of the Provost or Registrar
- **GRADE DUE DATE:** Grades are due at the Registrar's Office on or before Wednesday, May 14th, 2014 at 2 pm.

Exam Periods	Monday May 5	Tuesday May 6	Wednesday May 7	Thursday May 8	Friday May 9
8:00-10:00 AM	M-W-F 9:10a-10:10a	T - TH	M-W-F 8:00a-9:00a	T - TH 8:00a-9:30a	In- House
10:30 - 12:30 PM	M-W-F 11:30a-12:30p	T - TH 9:40a-11:10a	M-W-F 10:20a-11:20a	T-TH 11:20a-12:50p	Faculty
1:00 - 3:00 PM	M-W-F 1:50p-2:50p	T - TH	M-W-F 12:40p-1:40p	T - TH	Work
3:30 - 5:30 PM	M-W 3:00p-4:30p	T - TH 4:00p-5:30p	M-W-F 4:40p-6:10p	T - TH: 2:20p-3:50p	Day
6:00 - 9:00 PM	M	T	W	TH	

S:/Universal/Registrar's Office/Academic Calendars/Spring 2014 Final Exam



Girl Rising A Film Screening

Wednesday, April 23 , 6:00—8:00
Hannon Theater, Chalon Campus

Quake It Up!



Come learn how to prepare for an emergency by creating your own emergency kit and playing survival of the fittest games. Porto's and drinks will be provided. See you there residents!

When: Wednesday, April 23, 2014

Where: Hannon 1st Floor Lounge

Time: 7:00 - 8:30 pm

**Sponsored By:
Residence Life**

Summer 2014 Housing at Doheny

Available to Chalon and Doheny
Traditional Undergraduate Residents

Summer Housing Applications will be available
Monday, April 7, 2014 on the Residence Life Portal page.
Summer Housing is limited to the first 7 applicants who
submit a complete application.

(Spaces available are on a first come, first serve basis.)

Applications Due: Wednesday, April 23, 2014.

If you have any questions, contact the Residence Life Office,
Doheny (Hannon 123) at ext.2661 or Chalon (Brady 101) at ext.4325

Residence Life Invites you!



Global Athenian Café's

- Fun Crafts
- Delicious Milkshakes
- Wii Games
- Open to both commuters and residents
- Ahmason Commons
- 4 pm—5.30 pm

Global Athenian Café Dates

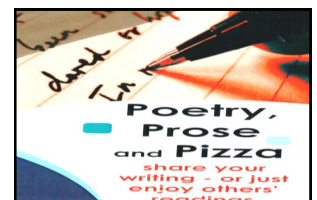
Sunday, April 27th
Worldwide
(Due to Admitted Students
Day, it will be from
4:30 pm- 6 pm)
Sunday, May 4th
Mexico



Wednesday, April 30

12:30—1:30

At
The Poetry Place
(House 10)





Graduating in May?

Attending the Commencement Mass?
Monday, May 12, 9:30, St. Vincent's Church

Be in Rose Hills Auditorium by 8:30 for line up in gown (no hats) for procession to the church

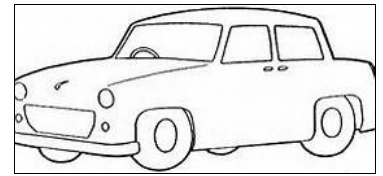
Attending the Commencement Ceremony?

**MOUNT ST. MARY'S COLLEGE
COMMENCEMENT CEREMONY**
Monday, May 12, 2014
3:00—5:00 p.m.
SHRINE AUDITORIUM

Last Day for Graduation Tickets: April 22
Sr. Carol's office, Bldg 2, upstairs

For everything you need to know about the commencement ceremony, go the MSMC webpage www.msmc.la.edu and click on the Commencement button on the left side of the screen.

CPS: Tip of the Week



Last week, we talked about the importance of maximizing your time if you are

commuting to campus. Below are some tips on what to do to shorten or **enjoy your commute more!**

- Invest in music: load up your car with music that will give you the energy to make it through your daily tasks, and some relaxing tunes for your drive home.
- Story time: Did you know you can buy books on cd or borrow them from your local library? You can find them in most bookstores or websites like Amazon. Pop one in and listen to a great story while you inch ahead on the 405.
- Find a buddy: Carpooling can be a great way to shave some time off of your drive thanks to the car-pool lane. Also, it doesn't hurt to have someone to chat with as you drive to school!
- Map it out: If you have a smartphone, or if you have a few minutes before you start your commute, take a look at the current traffic to help you plan ahead. Sigalert and the Waze app are some great options.
- Breathe it out: If you start to feel very overwhelmed during your drive, focus on your breath. Try to breathe in through your nose and out your mouth. Remind yourself that it's likely your professor either knows about the unanticipated traffic, or that they'll be understanding when you explain it to them
- Plan ahead: In case it is impossible for you to miss class due to traffic, plan ahead. Make sure you have a classmate's phone number programmed in your phone so you can give them a quick heads up. It can also be very helpful to have your professor's phone numbers (which can usually be found on the syllabus) as a method of last minute communication.

Come by Counseling and Psychological Services for more tips on dealing with commuting:

Chalon: (310) 954-4114

Doheny: (213) 477-2668

Summer School?

If you are taking summer school courses at a local community college, be sure to:

1. Follow the articulation agreement found under the "Transfer Credit Tab" on the Academic Advisement portal website.
2. Complete and turn in a Transfer of Credit Clearance form prior to taking a summer course. Transfer of Credit Clearance forms are located on our portal website or in our office.
3. Contact Academic Advisement at 213.477.2577 or advisement@msmc.la.edu with any summer school questions.



COMMUTERS:

**ATTENTION
ATTENTION**

Please have all contents in your locker emptied by Friday,

May 9, by 4:00 PM.

Any lockers left with locks will be cut and items donated or discarded.



News from the Bookstore:

Caps and Gowns are ready for pick up in the bookstore.



NUTRITIONAL WELLNESS
45 MINUTE CONSULTATION
WITH OUR NURSE PRACTITIONER

NOW Available DAILY!



If you would like to learn how to achieve or maintain healthy weight, learn about healthy eating habits like mindful eating or simply improve your health...

Call Student Health Services to schedule a FREE appointment.

CHALON 310-954-4110  DOHENY 213-477-2685

Work to pay off loans? Grad School? Volunteer for a year? Job? What kind of job? Need to get "right" with God?



Trying to figure out the "Whats?" of my life? What to do after MSMC? What to do with my life? Where is God in all of these "Whats?"? Is God calling me to do something with my life that I may be unaware of?

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Come and see what discernment is about.

Contact Sr. Darlene at dkawulok@msmc.la.edu for more information.

BURSAR'S OFFICE UPDATES

Congratulations to the Bursar's Office own **Luz Martin Del Campo**, one of this year's **Student Employees of the Year!** Luz is just one of the fantastic staff members that are here to help you, and we are so proud of her for receiving this recognition!



 April 22nd is Earth Day! The Bursar's Office is actively promoting efforts to go green. eStatements, 1098T's, and eRefunds are all available electronically through CASHNet. Contact our office for more information!

Remember to like us on Facebook to get important news and reminders from our office!

www.facebook.com/msmcclabursar



Office of Campus Ministry

Easter COOKIES Tuesday, April 22 at 2:00pm
Happy EARTH DAY! Tuesday, April 22

MASS of the EASTER SACRAMENTS of EUCHARIST and CONFIRMATION
Sunday, April 27, at 7:00pm in Mary Chapel at Chalon
Come and celebrate with us at this Mass.

EASTER EGGSTRAVAGANZA
Tuesday, April 29, at Doheny from noon-2pm
At the Eggstravaganza, spend the lunchtime out on the lawn enjoying puppies and kittens, yummy snacks, massages, craft projects and more!


EAlert

Campus Emergency Notification System

This notification system is a voluntary program which will allow those that sign up for the service to be notified of emergencies via email and/or text message to your personal cell phone and college email address. There is no cost to sign up for the service and normal texting messaging rates will be applied if and when the notification system is activated.

Signing up for the service is easy. Simply go to www.msmc.la.edu/ealert create your account. You will be asked to provide your cell phone number and service provider. Once you have created your account, you will be redirected to another page where you will be asked to enter your code that was texted to your phone to activate your account. You also can add your college issued email address. We strongly advise you to add both your cell phone number and email to your personal notification account to ensure timely notification of problems on or off campus.

If you ever receive a message on your cell phone or email from this system, please follow the instructions carefully. Periodically during a crisis, updates will be sent out to keep you fully informed. Once the event or crisis has concluded, an all clear message will be sent letting you know that it is now safe to resume normal operations. We encourage all current students, faculty and staff to participate by visiting www.msmc.la.edu/ealert and signing up today for the notification system here at Mount St. Mary's College. You can also visit Campus Security on the Portal to sign up.



Safety Tips are brought to you by Dept. of Campus Security
Stay Informed, Stay Alive

Doheny Happenings

Upcoming Events for the Traditional AA. Student
Mount St. Mary's College, Doheny Campus

Volume 43, Issue 28

April 28, 2014

THIS WEEK (and next)

Tuesday, Apr 29

12:00 Eggstravaganza

Wednesday, Apr 30

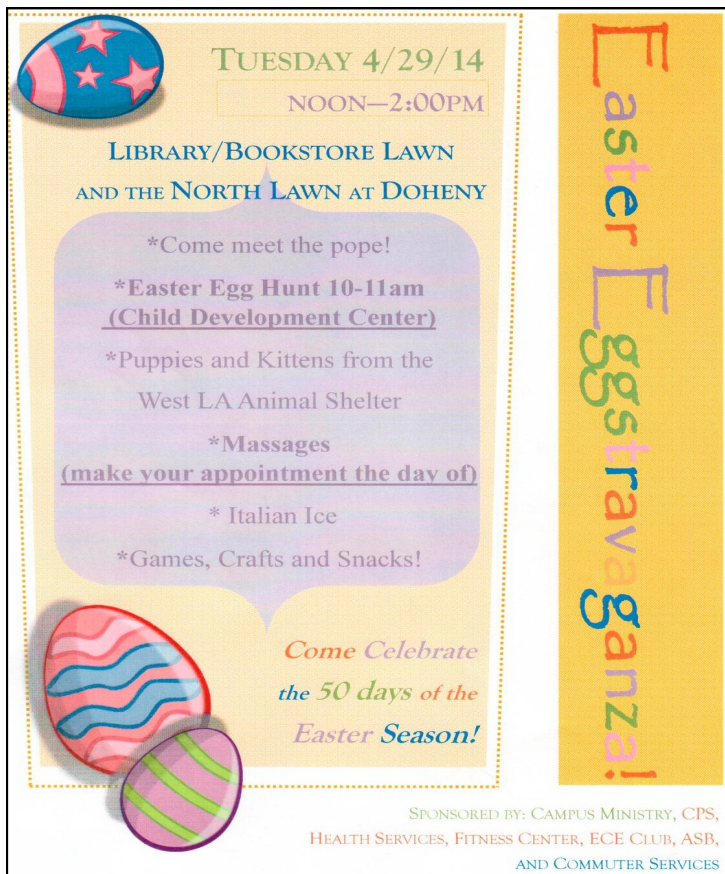
12:30 Poetry, Prose, Pizza

4:45 Mass

Final Exam Week
May 5—8
Grades Available May 15

MSMC Summer Classes
Traditional Students
May 19—June 26

Fall Semester begins
Monday, August 25, 2014



TUESDAY 4/29/14
NOON—2:00PM

**LIBRARY/BOOKSTORE LAWN
AND THE NORTH LAWN AT DOHENY**

- *Come meet the pope!
- *Easter Egg Hunt 10-11am
(Child Development Center)
- *Puppies and Kittens from the
West LA Animal Shelter
- *Massages
(make your appointment the day of)
- * Italian Ice
- *Games, Crafts and Snacks!

*Come Celebrate
the 50 days of the
Easter Season!*

Easter Eggstravaganza!

SPONSORED BY: CAMPUS MINISTRY, CPS,
HEALTH SERVICES, FITNESS CENTER, ECE CLUB, ASB,
AND COMMUTER SERVICES



Graduating in May?

Attending the Commencement Mass?

**Monday, May 12, 9:30,
St. Vincent's Church**

Be in Rose Hills Auditorium by 8:30 for line up
in gown (no hats) for procession to the church

Attending the Commencement Ceremony?

**MOUNT ST. MARY'S COLLEGE
COMMENCEMENT CEREMONY**

Monday, May 12, 2014

3:00—5:00 p.m.

SHRINE AUDITORIUM

For everything you need to know about the commencement ceremony, go the MSMC webpage www.msmc.la.edu and click on the Commencement button on the left side of the screen.

All American Picnic

If you are a U.S. Veteran, an Active Military, a Reserves National Guard, or Family of a Service Member...then we will serve YOU!!! Join us for an ALL AMERICAN PICNIC by the Poolside at Doheny campus.

When: Tuesday, April 29, 2014

Time: 5:30pm-7:30pm

Location: Doheny Pool

Kindly RSVP by Sunday, April 27, 2014.

To RSVP Email: Msmc.voa@gmail.com

Sponsored by Veterans Liaison and Student Affairs

Congratulations to our Laurel Award Winners

Isabella Acosta
Ivette Aleman
Amanda Alvarez
Hellen Alvarez
Wendy Araujo
Rachelle Arias
Brianna Bagdasaryan
Vanessa Barragan
Ramonna Batac
Gabrielle Bramasco
Shonna Cabrera
Erica Caro
Patricia Castellanos
Lynette Chavez
Autumn Clifton
Vania Colindres
DeAnna Consiglio
Stephanie Correa
Daisy De Haro
Raquel Del Toro
Yoselyn Diaz-Castro
Francesca Dimaisip
Cintya Escamilla
Leah Fajardo
Jessica Farrell
Aali Flores
Michell Garcia
Nicolette Gastelum
Rhozel Gregorio
Samantha Guerrero
Ana Hernandez
Mayra Hernandez

Rebecca Hinojosa
Krystal Jackson
Mariah Jimenez
Melissa Lara
Hongzi Cindy Li
Diana Lopez
Mariana Lopez-Tadeo
Monique Madrid
Alexandra Madueno
Patricia Magaña
Kimberly Manaois
Bridget Martinez
Denise Martinez
Melissa Martinez
Melanie Medina
Ana Mogollon
Yvonne Montaña
Jeanine Monterroza
Harmoni Morales
Erica Mosley
Natalia Neris
Briana Ocegueda
Michelle Olivares
Jocelyne Ordenana
Erica Poe
Rachel Quintos
Adriana N. Ramirez
Christina Ramirez
Liliana Resendez
Claudia Reyes
Jennifer Rios
Lydia Rivera

Emily Tuiz Torres
Verlin Sandoval
Jasmine Scales
Sierra Schemel
Andrea Serrano
Giselle Sipaque
Jessica Soto
Hannah Spigelman
Genesis Tinoco
Marilyn Kelly Trajano
Kellie Vaca
Tatiana Yanik
Claudia Zayas
Erika Zazueta
Nery Zelaya
Bathsheba Zewde



Wednesday, April 30
12:30—1:30
At
The Poetry Place
(House 10)



SCENES OF LAUREL AWARDS



COMMUTERS:

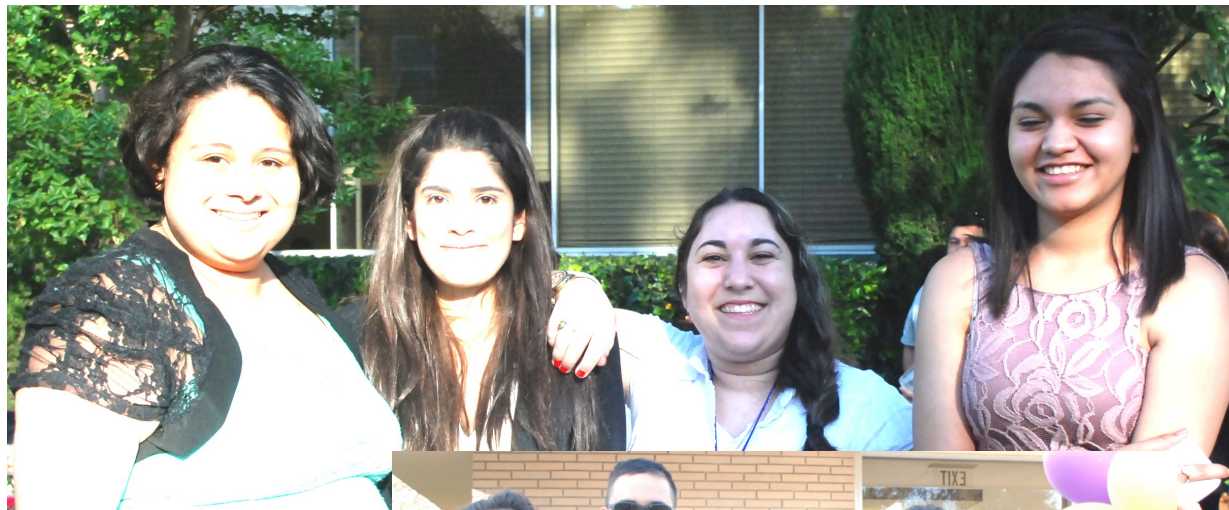
ATTENTION
ATTENTION

Please have
all contents in
your locker



emptied by Friday,
May 9, by 4:00 PM.

SCENES FROM LAUREL AWARDS



FRIENDS

FAMILY



AWARDS



MEMORIES



FACULTY

Mount St. Mary's Summer School

Payment Due by May 9 to avoid being dropped

Classes Begin Monday, May 19

No refunds after classes begin

Add/Drop Deadline May 23

Withdraw Deadline June 13

Summer School?

If you are taking summer school courses at a local community college, be sure to:

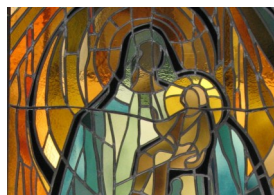
1. Follow the articulation agreement found under the "Transfer Credit Tab" on the Academic Advisement portal website.
2. Complete and turn in a Transfer of Credit Clearance form prior to taking a summer course. Transfer of Credit Clearance forms are located on our portal website or in our office.
3. Contact Academic Advisement at 213.477.2577 or advisement@msmc.la.edu with any summer school questions.



Office of Campus Ministry

Easter COOKIES

Monday, April 28, at 2:00pm



MASS Wednesday, April 30,
at 4:45pm
Everyone, of every
religious tradition, is
always welcome!

EASTER EGGSTRAVAGANZA

Tuesday, April 29, at Doheny from noon-2pm
At the Eggstravaganza, spend the
lunchtime out on the lawn enjoying pup-
pies and kittens, yummy snacks,
massages, craft projects and more!



A PRAYER for FINALS

O GOD,

*It seems as though our lives are one test after an-
other, weighing us in somebody's balance. Save
us from taking the coming tests too seriously or too
lightly, but grant that we may reflect the best of the
work we've done and the best of the teaching we've
received. Amen.*

Finals Crunch Time: Stress Buster



Start organizing early – Buy/
make a planner and write down important
dates, tests, and deadlines.

Remember to breathe – When
facing a hurdle, give yourself a minute
and take a deep breath, which will help
you more effectively problem solve.

Schedule down time – Taking care of yourself and
allowing for some down time will help keep stress levels
down and allow you to better focus on school and work.

Be open to asking for help – If you are feeling over-
whelmed, remember that there are resources available on
campus to help you, including CPS. It shows a great deal
of strength when you are able to ask for help.

Come relax at De-Stress Day on campus!
Chalon Monday 4/28/14 from 12-3pm in the Circle
Doheny Tuesday 4/29/14 from 12-2pm on North Lawn

Counseling and Psychological Services
Doheny: McIntyre Bldg. (213) 477-2668
M-Th: 8:30a-5pm F: 8a-4:30pm
Chalon: Humanities Flr 1 (310) 954-4114



Final Examination Schedule Spring Semester May 5th – May 8th, 2014

- All examinations are given in the regularly scheduled classrooms.
- Classes meeting on Friday ONLY will test at their regular meeting time on the Friday prior to exam week (May 2nd).
- The Friday of exam week is an in-house faculty work day. For courses scheduled to meet one session per week beginning at 5:00 pm forward, examinations will be held from 6:00-8:00 pm during Final Exam week on the day regularly scheduled.
- For courses which are scheduled outside the standard MWF or T/TH time periods, consult with the Registrar regarding the specific time for the final examination
- Changes in the exam schedule require the approval of the Provost or Registrar
- GRADE DUE DATE:** Grades are due at the Registrar's Office on or before Wednesday, May 14th, 2014 at 2 pm.

Exam Periods	Monday May 5	Tuesday May 6	Wednesday May 7	Thursday May 8	Friday May 9
8:00-10:00 AM	M-W-F 9:10a-10:10a	T - TH	M-W-F 8:00a-9:00a	T - TH 8:00a-9:30a	In- House
10:30 - 12:30 PM	M-W-F 11:30a-12:30p	T - TH 9:40a-11:10a	M-W-F 10:20a-11:20a	T-TH 11:20a-12:50p	Faculty
1:00 - 3:00 PM	M-W-F 1:50p-2:50p	T - TH	M-W-F 12:40p-1:40p	T - TH	Work
3:30 - 5:30 PM	M-W 3:00p-4:30p	T - TH 4:00p-5:30p	M-W-F 4:40p-6:10p	T - TH: 2:20p-3:50p	Day
6:00 - 9:00 PM	M	T	W	TH	

S:/Universal/Registrar's Office/Academic Calendars/Spring 2014 Final Exam

Travel and Vacation Safety Tip

With the end of the semester rapidly approaching, travel and vacation plans are most likely being made or discussed. It's important to think about your safety when traveling and vacationing. Here are some suggestions you can do to keep yourself and belongings safe:

- Before you go, make sure to clean out your wallet or purse; take only essential credit cards.
- Carry your purse close to your body, or wallet in an inside front pocket. Consider wearing a money pouch under your clothes.
- Pack as lightly as possible. Lots of heavy bags will slow you down and make you more vulnerable to getting robbed.
- Expensive, designer luggage can draw unwanted attention to your belongings. Pack your things in inconspicuous bags.
- Carry-on anything you may need or of value i.e., medication, jewelry.
- Don't display expensive jewelry, cameras, bags and other valuable items.
- Stick to well-lighted, well-travelled streets at all times.
- Always lock your car, and leave valuables out of sight, preferably locked in the trunk.
- Don't leave jewelry, money or other items lying around the hotel room when you go out, even for a short while. Lock them in the room or hotel safes. Do not leave them unattended at poolside or the beach either.
- Make sure rooms are securely locked and chains fastened wherever possible. Do not leave room keys lying out at the swimming pool.
- You should know who is knocking before you answer the door. If they say they are from the hotel, confirm with the hotel operator that they are in fact from the hotel.
- Always lock the door while in the room.



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